

# Herrick Family Association

Founded in 2001



*Richard L. Herrick, Founder and President Emeritus*

*Kenneth Herrick, Vice President Emeritus*

*Joann Nichols, Editor Emeritus*

*Virgil Herrick, Counselor Emeritus*

*Vol. 14 Issue 4*

*December 2018*

Check our new Web Page: [www.Herrickfamilyassociation.org](http://www.Herrickfamilyassociation.org) or find us on Facebook!

\* \* \*

## Save the Date - Early September 2020 for an HFA Meeting in England

The Events Committee of Nancy Johnson, Deborah Nelson, and Michael Herrick are starting an initial investigation into a possible trip to Leicester, England for our next HFA meeting. The proposed date would be early to mid-September, 2020. We will start by making a contact with St. Martin's Lodge in Leicester for the best group rates. We will then prepare possible events and activities. If anyone has ideas for places to visit, speakers to add to our knowledge of Herrick family history, or research topics to pursue, please contact Nancy, Deborah or Michael. Thank you. Nancy's email is [nancyjohnson206@gmail.com](mailto:nancyjohnson206@gmail.com), Deborah's email is [dkncls@yahoo.com](mailto:dkncls@yahoo.com), and Michael's is [herrickresearch@me.com](mailto:herrickresearch@me.com).

\* \* \*

## HFA Membership Report

Submitted by Dianne Herrick

Prior to 2018 there were 211 persons who had become members of HFA since the formation of the association. Over time 44 people have become inactive due to death, choosing to resign, or we are unable to locate them. In 2018 six new members have joined and two more have resigned.

In early 2018 we made an effort to contact 118 individuals who were delinquent with membership dues. At the time of this writing we have received payment from 23 members. So in effect we now have 76 "active" members and the potential for 95 more members, who remain delinquent, for a total of 171. And by "active" we hope that members will take part in some way to keep the organization moving forward.

As we tried to make clear in our campaign earlier this year it was less about collecting money and more about trying to attract current and new members for the future work and programs of HFA. That remains our goal. Having said that, we will still happily accept your payment of dues in the future!

Speaking of the future - dues for 2019 are due January 1 and remain the same: \$20 for 1 year, \$38 for 2 years, \$80 for 5 years, and \$400 for lifetime. Communication will be forthcoming to those of us who are still in arrears or owe as of 1/1/2019. Current members can send their payment (made out to Herrick Family Association) to our treasurer:

Dianne Herrick  
6707 St. Johns Parkway  
Victor, NY 14564

New members should send their application and membership payment to membership chair:

James Hilton  
1300 Hilton Road  
Middlesex, NY 14507

Need Christmas gift ideas for your family?

\* \* \* HFA Memberships Make Lovely gifts! \* \* \*

\* \* \*

A Rendezvous in Seeking the Route of Our Viking Destiny

An Introduction for the DNA Administrator article  
Submitted by Curt Herrick

On 23 August 2013 a Family Tree DNA test announcement revealed a Y-DNA 67, 7-step difference, match between Tommi Borg of Finland and Eric Herrick of the Herrick y-DNA Surname Project. This serendipitous match accomplished a key Herrick Family Association goal of beginning the study of Viking relationships between England and Scandinavia. Tommi joined the Herrick DNA Surname Project two days after our HFA welcome email.

He lives in the village of Esse, which is part of the town of Pedersore on the Finnish west coast adjacent to the Gulf of Bothnia. Stockholm, Sweden, is about 250 miles S-SW across the gulf.

Upon learning of my veteran status, Tommi inquired if I had known the famous Finnish World War II hero, Major Larry A. Tornii. I replied, "Yes, I had drinks with him." Sadly, Larry, later as US Army Special Forces officer, was killed in Vietnam in a daring helicopter rescue of an embattled long range reconnaissance patrol.

In the last five years the rapid advance of DNA research capabilities and bolstered by modern communications have stoked a worldwide surge in family history activities.

The rest of the article shares Tommi's 25 November 2018 email to me. He provides a recent update of his family history as a member of a local genealogical society. The history includes Viking operations into England during the 800s. The attachment is a research report in Finnish that presents a family history path based on current information. (You may translate the report with the aid of Google.) The Finnish family line numbers are similar to the Family Tree Maker format line numbers used in our Herrick Genealogical Register 3. Please note, "On the page 391.4536." The 4536 line number is for Ragnar "Lodbrok." Yes. Ragnar is a dynamic character in the Viking television shows. The challenge for us is to seek firm facts concerning the Vikings who did not write much and often passed stories by mouth. My hope is that the artful research by the TV shows will find additional firm history information. I believe adequate enough English is provided by Tommi not to need a translation. If one wishes to translate parts of the attachment they may employ the Google facilities. With limited space I chose not to go beyond Tommi's translation in the article and attaching the URL.

[Research Link](#)

Curt,

Many thanks again. Actually I also ordered four 37 markers kits during this black Friday for the use of local Evijarvi genealogical society. But at first I finally explain maybe more interesting matters for you.

If you remember, I wrote two years ago something about Viking King Ragnar Lodbrok Sigurdsson. Similar way about old Vesilahti parish, lord Kurki and maybe few words about nobility family Fleming living in Turku castle on 1400-1500 talents working for Swedish Kings. Every Finnish schoolbooks in history tell about those rulers.

I have seen some reports during years from my Y-DNA relations or other, who has found their ancestor among above people. I have been a little bit sceptic as everyone wants to be descendant of Kings. Moreover they can be as lemmings with their documents. That is why I have avoided to discuss too deeply about topic. This week I got second four step difference closest to me to the ancestors of the below report.

### Wide genealogical report

Anyway you find attached research report made by adjunct Professor Raimo Ketola and Laboratory Manager at National Institute for Health and Welfare (THL), who is hobbyist genealogist and let to publish this document.

Many Y-DNA Bothnia people in west side of Finland have ancestors in this document and there is still wider report found of the last three hundred years. But let's start to analyze report written mainly in Finnish or other Scandinavian languages. Konge, Kunge, Kung, Kuningas means the King.

The first 300 pages are dealing mainly Finnish families and names found normally in the old church books, so that go to end side of the document. I guess many my 5-8 steps Y-DNA hits have ancestors in this group.

On the page 391. 4536. Ragnar "Lodbrok" Sigurdsson Konge af Danmark og Norge b. 765 Uppsala, Sweden and d. 845 Snake Pit, Northumberland, England. Wife Aslaug (Aslög) Kraka Sigurdsdatter, Warrior Queen.

On the page 392. 4548. Emund Eriksson Kung av Birka b. 829 Sweden, d. 859 Birka, Björkö, Sweden. Wife N N.

### Spekulations

Author says, there can be some errors and he has not himself documents about oldest matters.

Lets imagine, that this 4548. Emund or his cousin is my ancestor, this explains:

Some matters in even in written history

Why Birkarl descendants are situated along river route to the north.

Why Birkarls lived close Vesilahti parish 1000 years ago.

Why all your hits in Finland are Birkarls and not main Y-DNA Bothnia people.

Why not many hits in England.

Next well known traditional story explains, why we are as a gene bank: A Finnish man saw the fresh chip cut by axe on the downstream river. He took his own axe and rowed on the upriver direction to meet this settler man.

BTW. My mother cousin made just Y-DNA test and we found her father ancestor was the first farm in next close to us parish could pay taxes to the Swedish King b, abt. 1410. Her father was the same Bothnia I-M253 clan, but more local.

Best wishes

Tommi

\* \* \*

An Added Reminder: The Family Tree DNA Holiday Sale is underway through 31 December. Be alert! They sometimes add specials during the Sale Period

\* \* \*

### Erick the Forester and the early Herricks at Great Stretton

Submitted by Michael Herrick;

This is the second of three articles about the ancient ancestors of Henry Herrick of Salem. The first article in the September newsletter dealt with the Herrick Viking heritage including Ericke of East Anglia. This article deals with Erick the Forester and the early Herricks at Great Stretton.

Erick the Forester, who lived in Leicestershire in the 11th century, was certainly a man of great character. The Herrick Genealogical Register (HGR) states that the Herricks in England and America descended from Erick the Forester, but as noted in the first article Erick in most likelihood descended from Ericke of East Anglia. In fact, he may have been one of the first Danish settlers in Leicestershire from the Ripton Viking split. Erick the Forester was born about 1040 in Leicestershire during the rule of Danelaw, and eventually possessed extensive domains going all the way west to the border of Wales.

The year 1066 was the year that proved pivotal for Erick and for our legacy. In 1066, Erick heard that a military invasion of England was about to begin from a place in northern France called Normandy. These invaders were also Vikings who settled Normandy centuries before. The invasion was led by William Duke of Normandy, who had laid claim to the English crown. The Norman Invasion occurred in August 1066 in Hastings, and since has been referred to as the Battle of Hastings.

Erick, opposed to this invasion, gathered an army in Charnwood, a forested area in Leicestershire, to fight off the invasion, in alliance with King Harold of England. The battle was fierce and King Harold was killed. William and the Norman invaders won the battle, after which England was ruled by William the Conqueror. The English who fought against William suffered the spoils of war. But it appears that Erick the Forester was noticed as a brave and honorable warrior even in defeat.

Without power, finances, or estates, Erick and his followers were no longer a threat to the Normans. William the Conqueror stripped Erick and his followers of their estates and all sources of their former power. Although a one-time enemy, William, now King William, noticed and favored Erick due to his bravery in battle. Therefore, and quite ironically, entrusted Erick with important offices, made him one of his army generals, and permitted Erick to retire back to his home in Leicestershire.

It is important to note, however, that the Norman conquest of England did not end with the Battle of Hastings. There were a series of English revolts for years following, particularly in the north, and William the Conqueror was brutal to those who resisted but forgiving to those who submitted. In the summer of 1068, two years after the Battle of Hastings, William commenced his "second campaign" into Oxford, then into Warwick, and after that into Leicester. Edwin, the Earl of Leicester, was killed when he attempted to escape to Scotland.

William the Conqueror ruthlessly put down rebellions that sprung up after the Norman Invasion, but he could be fair and compassionate to those who did submit. Erick the Forester was clearly one who did submit and was granted the new king's compassion. However, it is not known if Erick received all his property back or if he was granted the opportunity to buy it back. Regardless, the period of Anglo-Saxon and Danelaw in England was over and the Norman period had begun.

It is believed, and highly likely, that Erick the Forester settled in Great Stretton in the middle of Leicestershire since his son and grandsons were landowners at Great Stretton, known as Stretton Magna back then. The great grandson of Erick the Forester was named Henry, but was referred to as Eyryk of Stretton, from whom the Herrick's of Leicestershire continued to descend.

Eyryk of Stretton, thought to be one of the earliest Eyryks at Great Stretton, was born in 1216 and died at Great Stretton 1272. It is estimated that 8-9 generations of Herricks lived at Great Stretton from the time of Erick the Forester. In Old English, Stretton means "street" and in medieval times it was referred to as the "settlement on a Roman Road". Great Stretton was indeed on a well-traveled road, a road built by the Romans and originated from London and traversed through Leicestershire.

During the 12<sup>th</sup>, 13<sup>th</sup> and 14<sup>th</sup> centuries, the Eyryks of Leicestershire became prosperous and noteworthy, as they were well known residents of Great Stretton. But Eyryks settled over a wide area of Leicestershire, including the nearby village of Wigston Magna. The Eyryk families were integral to the communities of Stretton and Wigston, as their names appear many times as witnesses on land charters and grants. The Eyryks became prosperous landowners at this time, depending on agriculture as the primary means of wealth.

Perhaps the most noteworthy of the Great Stretton residents were the brothers, Robert and Sir William Eyryk. Both brothers found favor with King Edward III for service to his son, the Black Prince. William was knighted for this assistance to the Black Prince during the 100 year's war with France, notably at the Battles of Crecy, Gascony and Poitiers. Robert became a priest and personal Chaplin to the Black Prince. With the help of King Edward, he eventually became Bishop of Litchfield and Coventry. Robert also owned a manor house surrounded by a moat at Great Stretton. St. Giles Church, although not in his parish, was only a few hundred yards from his manor house. When at Great Stretton, he worshiped at St. Giles until he built his own chapel adjacent to the church for private worship for himself and his family.

During this time a sort of renaissance in the Midlands took place. People were becoming more mobile and commerce was becoming more active, thus giving people more freedom and wealth. Education was starting to be considered the path to the future and people were exercising more freedom of thought. The common belief was that one could move from being a villain (peasant) to middle class through education. During the 14<sup>th</sup> century, a new freedom started to be expressed in Leicestershire and throughout the Midlands. This was a belief in religious freedom. A group called the Lollards, formed by John Wycliffe an Oxford professor, was a resistant group against the Catholic Church, objecting to the papacy's corruption and politicization. The movement was of course forbidden by the Pope and was ultimately put down and the rebels hanged or burned. But it was the beginning of free and independent religious thought in England. Today the Lollard rebellion is considered a precursor to the reformation. It is also a precursor to the Puritan rebellion against the Church of England in the 16<sup>th</sup> century to which many 16<sup>th</sup> century Herricks, including our Henry Herrick, became strongly influenced.

The next newsletter will feature information about three famous Herrick brothers in the late 16<sup>th</sup> century and early 17<sup>th</sup> century. These brothers were Sir William of Beau Manor, Robert of Leicester, and Nicholas of London.

Gravestone Symbols and Carvings—Meaning and Inspiration

Submitted by Dale Yoe

On some of our past trips with the HFA and others, we sometimes have a chance to do our favorite things-visit the cemeteries. Many of us have questions about the symbolism contained there, so I thought I'd review a few common ones:



Alpha and Omega the first and last letters of the Greek alphabet symbolizing the beginning and the end.



Angel or Angels, a guide to Heaven.



Arch symbolizing a triumphant entry into Heaven or victory over death.



Arrow or Arrows symbolizing mortality or martyrdom.



Bird, a symbol of eternal life, spirituality, Messenger of God, or peace



Book or Bible, a symbol of the Divine Word or the deceased's lifetime accomplishments (as written in the Book of Life)



Burning Flame, a symbol of eternal life or resurrection



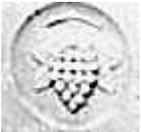
Butterfly, a symbol of resurrection



Celtic Cross a symbol of faith and eternity.



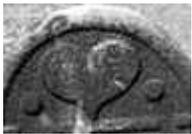
Garland, symbolizes victory over death.



Grapes, a symbol of the Blood of Christ.



Hands Clasped, a symbol meaning farewell and the hope of meeting again in eternity.



Heart, a symbol of love, devotion, joy, and/or mortality.



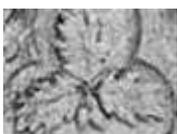
Lamb, a symbol meaning innocence; used primarily on an infant's or a child's gravestone.



Laurel Leaves or Laurel Wreath, symbolizes triumph over death



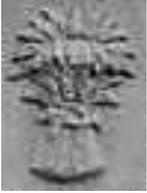
Lily of the Valley, a symbol of rebirth and of purity and/or chastity.



Oak Leaves or Oak Tree a symbol of faith and virtue and/or endurance.



Scythe A symbol of a life cut short, death, or the final harvest.



Sheaf of Wheat, a symbol of old age, a fruitful life.



Skull, a symbol used in the early to mid-1800's representing mortality and or penitence. A winged skull meant that the deceased ascended into Heaven.



Weeping Willow A symbol of mourning, grief, sorrow, lamentation.



Winged Face A symbol of the soul in flight (normally to Heaven); at times an effigy of the deceased soul.



Winged Hourglass, a symbol representing the fleetness of life; mortality. Commonly used in the late 1700's and early to mid-1800's. WINGED SKULL A symbol of the flight of the soul from mortal man.

*Here lyeth the body of Joanna Herrick  
Wife of Capt. Henry Herrick*

Here is the last installment of Karen's article  
Fortune Telling Cards  
Submitted by Kare Herrick

Caroline described how Lady Kathleen entertained her guests by reading their fortunes long into some evenings. "In March 1920, Jean Sketton, Viscountess of Massereene and Ferrand paid the first of very many visits to Beaumanor", which is what people do when they find a good medium or psychic. Caroline states that Kathleen had discovered that she was a psychic who could speak to the dead (Pg. 148) and when in trance she completed automatic writing in the handwriting of whichever spirit had taken over her arm.

With automatic writing, Mrs. Barnett states in the same *Psychic Observer* article dated November 10, 1938, that "King David was given the plans for the Temple through automatic writing. Jehovah controlled his hand the same..." She further states that the psychic center located at the back of the neck controls automatic writing. "It is our body that these spirits are seeking to use for they have lost theirs. If you did not have this body, you would be no different than a spirit...if a spirit can control this psychic center, it is much easier to control the nerves leading down through the arm and the hand gaining control of the muscles and causing them to move." Therefore, Lady Kathleen could write in the handwriting of the spirit who was controlling her arm.

In another section regarding automatic writing Mrs. Barnett explains that the spirit entering the medium concentrates on their "psychic center" and the "nerve influence" of the medium's arm. The energy is then carried down through the muscle of the medium's arm, so the spirit is not using the brain of the medium at all. The medium will be able to think his/her own thoughts while the automatic writing is happening.

When a psychic uses cards as a tool with a client the messages are usually about the future of the recipient and the skills will vary depending on the psychic ability of the reader. Clairvoyance which is reaching into a vibrational frequency and "seeing" something significant for the client is aided by the symbols on the cards, and again, using the wisdom and experience of the psychic/medium's ability.

The December 10, 1938 article is entitled *Clairaudience Explained*. She states that clairvoyance (I see) and clairaudience (I hear) and clairsentient (I feel) are closely related and it's difficult to tell where one ends and the other begins. Our spiritual/etheric resembles our physical body except in weight. As our thoughts turn to spiritual information, "The lights vibrating from our seven psychic centers along our spine will illuminate and tell the spirits that we are seeking their help." Phinuit, the control for Mrs. Lenora Piper, was known to have said that he could see a very strong light above her when she was ready to work at a séance or sitting and he would then "come in" to her body.

### Reincarnation

June Beltzer's psychic dictionary (1986) states for reincarnation theory: "The life force of the physical body does not die with the physical body but goes on living in the etheric world for a period time and is then reborn in earth, repeating this hundreds of times until the life force has perfected itself (Pg. 531).

Lady Kathleen remembered being in a castle of King Ludwig of Bavaria where she knew and had a strange feeling of recognition for she realized that she accurately knew her way around all the rooms of one of them having been there in a previous life" (Pg. 192).

### The Psychic Chill

I learned from Mrs. Barnett that people live in this world at various rates of vibrations. "The medium must remember the great law of attraction. The spirit forces must synchronize to our rate of vibration (on earth) and

spiritually” (Nov 10, 1938). In the same article Mrs. Barnett further states that “The spirit operator can harmonize the chemicals of his body with yours.” For this author, this phenomenon needs further study to discover what chemicals? From Dr. Porges’ work, I learned that vibration causes structure.

These two statements about vibration and structure probably more than anything, have aided my understanding of psychic material greatly. My hope is that they do the same for you. If so, it means acknowledging the natural Law of Vibration, which is the principle of constant movement and this rate of movement of people and spirits determine the uniqueness and expression of the vibration.

Mrs. Barnett spoke about the “psychic chill” when spirits enter our aura. She says that many times we notice these except when we’re used to the spirit who enters us. Then the chill is not so noticeable. The author feels this chill very often when working with clients and sometimes in her personal life. I have come to realize that the spirits are telling me “right on” with whatever issue I’m handling, and I now welcome these chills (October 6, 1937). She also states that we can feel like someone is blowing into our ear, on either side of our head and that this is a spirit opening our ears to hear spiritual material.

### How Do We Become A Spirit?

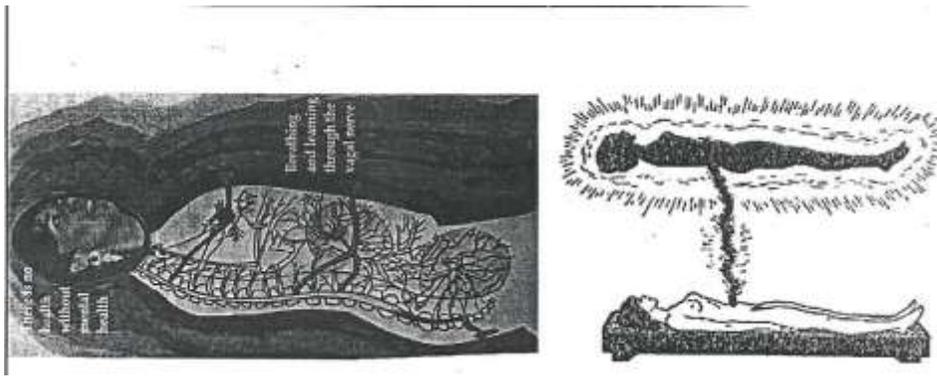
There is a term in the Old and New Testaments of the Bible called “Giving up the ghost.” It is what people do before the die. Where is this ghost in our body? This ghost is also called your astral or etheric body. In Sylvan Muldoon’s book entitled *The Projection of the Astral Body* (1929), he states that he has been leaving his body since he was twelve-years old. This is called an Out-Of-Body (OOB) experience. Your astral body is also called an apparition.

Your astral cord stretches from your physical body to your astral body. The less space that lies between the two bodies, the greater is the thickness of the astral cable and the greater its magnetic pull. This astral cord is also called the silver cord. In the Bible it states that when this cord is “cut,” you are dead (Ecclesiastes 12:6-7). This “cut” merely means that the silver/astral cord stops vibrating. It then loses its structure.

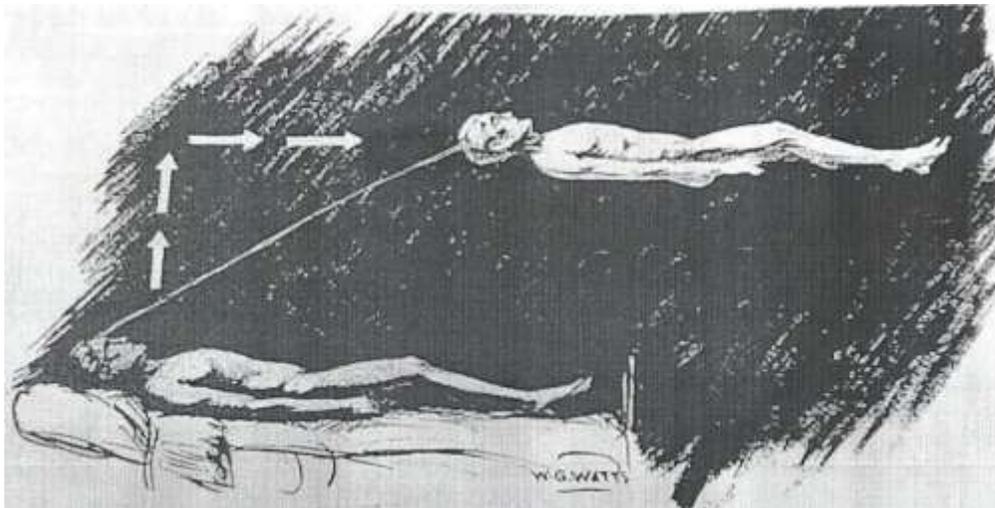
When we are born into our physical body, there is no instruction sheet that comes with us. We think this is all there is. The below illustration is the vagus nerve illustration laying down showing how the stomach vagus can be the cord out of which the electricity and magnetism of the silver cord releases and attaches to the ethereal body.

In order not to make this article any longer, let’s leave it at the fact that we have at least two bodies – one physical and one spiritual/ethereal which is the apparition that takes our mind – conscious and unconscious – over to the other side. And this apparition because us as a “spirit” as we “give up the ghost.”

Beltzer (1986) in her psychic dictionary states that the “silver cord extends from the Sushumna (another name for the vagus nerve) in the human spine and that it connects the soul mind (in the astral/etheric body) to the physical body during an astral projection. This can be seen clairvoyantly coming out of the top of the head” (Pgs. 562-563).



From Sylvan J. Muldoon's and Hereward Carrington's book *The Projection of the Astral Body* (1929), the below illustration shows how a person leaves their body at night while dreaming.



Another illustration of being out of your body is shown in the photo where from the astral or spiritual body, the person is looking down on their physical body.



The below paragraphs are quoted from a book entitled *Letters from Julia* (Stead, 1910). These paragraphs, I believe, explain clearly and concisely what happens when we die.

You are Now a Spirit.

“I found myself free from my body. It was such a strange new feeling. I was standing close to the bedside on which my (physical) body was lying. I saw everything in the room just as before I closed my eyes.

I did not feel any pain in “dying.” I felt only a great calm and peace. (And they usually say “free.”) Then I awoke, and I was standing outside my old body in the room. There was no one there at first, just myself and my old body. At first, I wondered that I was so strangely well. Then I saw that I had passed over.

I waited about a little; then the door opened, and Mrs. H came in. She was very sad; she addressed my poor body as if it was myself. I was standing looking at her, but all her thoughts were upon the poor old body I had left behind. It seemed so absurd I could not help laughing. I did not try to speak at first; I waited to see what would happen.

Then I felt as though a great warm flood of light had come into the room and I saw an angel. She, for at first, she seemed to be a female, came to me and said: ‘I am sent to teach you the laws of the new life.’ And as I looked, she gently touched me and said: ‘We must go.’

Then I left the room and my poor old body and passed out. It was so strange; the streets were full of spirits. (Wm. James says there’s an unseen world all around us.) I could see them as we passed; they seemed to be just like ourselves. My angel had wings; they were very beautiful.

She was all robed in white.

We went at first through the streets, then we went through the air, till we came to the place where we met friends who had passed on before” (Pgs. 16-17).

It is my hope that this article gives you a better understanding of what happens to you when you die.

In Conclusion:

Why am I interested in this?

It seems that our Western religion/s know nothing about what happens after death. Religion cannot explain all the paranormal events that Christ performed. I believe that Christ and his followers believed in psychic phenomena, which would include spirit communication. Religion lacks this wisdom.

I also believe from the psychologists that I have studied that there is an existence of another intelligent world on the other side. From what I have learned, it seems that a person is no worse immediately after dying than he was before except that he/she feels FREE – so free and able to really breathe! They seem to me more alive than they ever were once they are free from their body and in another dimension.

Sir William Crookes (1832-1919) a British chemist and physicist, established the existence of a new force called the Psychic Force. This force seems to be dependent upon the spirits that are coming through the medium/psychic and in some ways this force is subject to the laws of electricity with the medium acting in some ways like a radio. The “faculties” of the medium along with magnetic fluids help in the operation of mental forces through which a person receives messages from their loved ones. Positive thoughts help produce these manifestations. I am very interested in studying this information and that the subconscious mind is contained in the astral body. What is the role of the subconscious in all these phenomena?

So, thanks to Caroline Wessel for writing this book about the Herrick Curzon years and giving us all a chance to better understand mediumship and psychic phenomenon. If you have any thoughts, questions or comments, please don’t hesitate to write, email or phone me.

Rev. Karen E Herrick PhD  
[karen@karenherrick.com](mailto:karen@karenherrick.com)  
Office: 732 530-8513  
Cell: 732 796-3610  
205 Broad St., Red Bank NJ 07701

### Rough Bibliography

- Barnett, Clara (November 10, 1938). "Barnett articles". *Psychic Observer Magazine*
- Barnett, Clara (December 10, 1938) "Clairaudience Explained". *Psychic Observer Magazine*
- Barnett, Clara (February 25, 1939) "Trance Control Explained". *Psychic Observer Magazine*
- Barnett, Clara (May 10, 1939) "Spirit Rapping and Table Tipping". *Psychic Observer Magazine*.
- Bible Ecclesiastes 12: 6-7
- Bible 1 Samuel, Chapter 28 Old Testament
- Bible Corinthians 1:12:1-11
- Bible Giving Up the Ghost Genesis 25: 8-9, Acts 5:10
- Guggenheim, Bill & Judy (1997). *Hello From Heaven*. NY: Bantam Publishing
- Herrick, Karen E. PhD (2014). *Grandma, What is a Soul?* SC: CreateSpace/Amazon.com
- Jung, Carl (1977). *The Symbolic Life*. Edited by Gerhard Adler & R.F.C. Hull *Collected Works*, (Vol. 18, Para. 1498, Pg. 660) Bollingen Series XX, NJ: Princeton University Press
- Porges, Stephen W. (2011). *The Polyvagal Theory*. NY: W.W. Morton & Company
- Metzger & Coogan (1993). *The Oxford Companion to the Bible*. Oxford University Press
- Muldoon, Sylvan J. & Carrington Hereward (1929). *The Projection of the Astral Body*. London: Rider & Co., Paternoster House, E.C.
- Stead, W. T. Hon. (1910). *Letters from Julia*. Ill: Chicago: The Progressive Thinker Publishing House
- Wessel, Caroline (2018). *Beaumanor War and Peace, The Curzon Herrick Years 1915-1939*. Published by the author.