

Suggested Reading: Contemplative Life and Prayer

Books:

The Heart of Centering Prayer: Nondual Christianity in Theory and Practice, by Cynthia Bourgeault, Shambhala Publications Boulder, 2016.

The Wisdom of Wilderness: Experiencing the Healing Power of Nature by Gerald G. May, Harper San Francisco, 2006.

New Seeds of Contemplation, by Thomas Merton, Shambhala Boston and London, 2003.

The Transforming Power of Lectio Divina: How to pray with Scripture, by Maria Tasto, Twenty-Third Publications New London CT, 2013.

Journaling as a Spiritual Practice: Encountering God Through Attentive Writing, by Helen Cepero, InterVarsity Press, 2008.

Will and Spirit, by Gerald G May, M.D., HarperOne, 1982.

Living in the Presence: Disciplines for the Spiritual Heart, by Tilden Edwards, Harper & Row Publishers, 1987.

The Big Book of Christian Mysticism: The Essential Guide to Contemplative Spirituality, by Carl McColman, Hampton Roads Publishing Company 2010.

Abandonment to Divine Providence, by Reverend Jean-Pierre de Causade, S.J. translated and edited by Reverend J. Ramiere, S.J., Catholic Way Publishing, 2013.

A Course in Christian Mysticism: thirteen sessions with the famous Trappist monk Thomas Merton, Edited by Jon M. Sweeney, Liturgical Press, Collegeville, Minnesota, 2017.

Invitation to Love: The Way of Christian Contemplation, by Thomas Keating, Bloomsbury, 2014.