

# CHRISTIAN SPIRITUALITY BIBLIOGRAPHY

by Troy Caldwell, M.D.  
troycaldwell.com

- Anonymous. *The Cloud of Unknowing*. New York: Image Books (Doubleday).  
An anonymously authored classic from England of the 1500's which has helped countless people learn to pray in the presence of God more than any other book. Apophatic.
- Assagioli, Roberto M.D. *Psychosynthesis*. Penguin Books, 1965.  
The best, most clearly written discussion of the nature of the psyche and psychological growth that I have found. Highly compatible with Christian thought though not specifically Christian. Has the same limitations of thought regarding the transcendence of Christ from which Jung suffered. A wealth of truth about the nature of the higher unconscious and techniques to facilitate experiencing it. Good suggestions about development of will and ego as well.
- Bakke, Jeannette A. *Holy Invitations: Exploring Spiritual Direction*. Grand Rapids, MI: Baker Books, 2000
- Bennett, Rita. *How to Pray for Inner Healing for Yourself and Others*. New Jersey: Fleming H. Revel, 1979.  
A basic book of technique regarding inner healing imagistic prayer (ie. cataphatic) as a means of spiritual development and transformation of the *sarx* (flesh) by an experienced practitioner.
- Benner, David. *Sacred Companions: The Gift of Spiritual Friendship and Direction*. Downers Grove, IL: Intervarsity Press, 2002.
- Benson, Bob Sr. and Benson, Michael W. *Disciplines for the Inner Life*. Nashville: Thomas Nelson, 1989.  
A comprehensive evangelical source of tools and techniques for the inner spiritual journey.
- Caldwell, Troy M.D. Review his materials at <http://www.troycaldwell.com>. Available is a 20 session audio course.
- Christian Classics Ethereal Library <http://www.ccel.org/> has a vast number of spiritual authors whose works are not copyrighted.
- Cirlot, A. *Dictionary of Symbols*, New York: Philosophical Library, 1962.  
A must for those who begin to take seriously their dreams. Articles on most of the standard symbols as they appear in mythology and world literature including the Bible. You use this when your personal associations to a symbol do not make sense or do not come to you. This would give the archetypal meaning of the symbol.
- DeCassaude. *Abandonment to Divine Providence*
- Foster, Richard. *Prayer: Finding the Heart's True Home*. HarperSanFrancisco, 2003 (10th Edition)  
Richard Foster is a most prolific and respected Quaker writer on the spiritual life. He has done more single-handedly to bring spirituality teaching to a greater depth in the evangelical community than anyone. You will not go wrong with Richard Foster.
- Groeschel, Benedict J. *Spiritual Passages: The Psychology of Spiritual Development*. New York: Crossroads, 1988.  
One of the better simple descriptions of the experiences within the Three Ways (ie. Purgative, Illuminative, Unitive) of the spiritual pilgrimage that I have found. Underhill is more thorough.
- Guyon, Mme. Jeanne. *Experiencing the Depths of Jesus Christ* in the Library of Spiritual Classics: Vol. 2. Auburn, Maine: Christian Books Publishing House.  
Written before 1685, by one of the best known women of church history, this is a priceless and simple discussion of the technique of inner prayer. A must for those intent on loving more deeply. Evangelical in tone.
- Guzie, Tad and Guzie, Noreen. *About Men and Women: How Your "Great Story" Shapes Your Destiny*. New York: Paulist Press, 1986.  
The four masculine and four feminine archetypes (ie. instinctual styles) are discussed and the relationships and pitfalls between different types are detailed. Extremely useful in affirming God's call to be who you truly are. Useful too in understanding friendship and spousal attractions and conflicts. Also good for understanding how the energies of the opposite sex and sexuality play a role. Out of print, but grab it if you see it.
- Hall, Calvin S. & Nordby, Vernon J. *A Primer of Jungian Psychology*. New York: Mentor, 1973.  
A short readable overview of Jungian psychological theory. Not needed for the spiritual journey unless you are interested in its relationship to Jungian psychological theory.
- Heidt, John H. *A Faith for Skeptics*. Eugene, OR: ACW Press, 2004.
- Job, Ruben P. and Shawchuck, Norman. *A Guide to Prayer for Ministers and Other Servants*  
This book fed me richly for a period of two years, and I am not easy to please. It is an exceptional devotional guide.
- Johnson, Robert A. *He: Understanding Masculine Psychology*. San Francisco: Harper and Row, 1974.  
The Arthurian holy grail is used to illustrate the dynamics of masculine instinctual growth and development. Relevant for the understanding of symbols and dreams.
- Johnson, Robert A. *Inner Work: Using Dreams and Creative Imagination for Personal Growth and Integration*. Harper SanFrancisco, 1989.  
Excellent book instructing in techniques of active imagination, dream work, and other psycho-spiritual techniques that can be helpful in spiritual development.
- Johnson, Robert A. *She: Understanding Feminine Psychology*. San Francisco: Harper and Row, 1976.  
The meanings of the myth of Cupid and Psyche have been pondered by Christian authors no less than C. S. Lewis (see *Until We All Have Faces*). This book uses it to ponder the psychological reality of the feminine instincts and the role they play in spirituality.
- Johnson, Robert A. *We: Understanding the Psychology of Romantic Love*. San Francisco: Harper and Row, 1983.  
Using the Arthurian legend of Tristan and Iseult, the author, a Jungian analyst and Christian, wonderfully illustrates the powers and pitfalls of romantic love. Aids in understanding Eros arising from the *nous* via the Anima and Animus. A good follow up to *Invisible Partners* by Sanford. Relevant to spirituality for understanding how the energies of the opposite sex and sexuality play a role.
- Jones, Alan. *Journey Into Christ*. Philadelphia: Trinity Press International, 1992.

An overview of the spiritual life as a personal pilgrimage inward. Good appreciation for the risk and call to inner crucifixion and self-discovery. Excellent author of numerous books and one of my favorite. Highly recommended. Dean of Grace Cathedral (Episcopal) in San Francisco.

Jung, Carl G. (Ed.) *Man and His Symbols*. New York: Doubleday, 1964.

Basic understandings of symbol theory and their uses in psychology, mythology, and religion. Written for the lay public. Best description of the main symbolic themes that occur in predictable sequence throughout development.

Kelsey, Morton. *Dreams: A Way to Listen to God*. New York: Paulist Press, 1978.

A short primer on the theology and practice of dream work. Well integrated with Jungian psychology.

Kelsey, Morton. *Encounter with God*. Minneapolis: Bethany Fellowship, 1972.

A good survey of spiritual theology without a lot of theological jargon. Kelsey was a professor of Notre Dame. Episcopal priest, prolific writer and communicator, and true Christian gentleman with a pastor's heart. During his later years, he taught much at the Benedictine monastery in Pecos, NM. His writing is inspiring, intelligent, clear, and edifying. He is a good starting place for your reading.

Kelsey, Morton. *The Other Side of Silence: A Guide to Christian Meditation*. New York: Paulist Press, 1976.

Almost all you would ever want to know about the practice of Christian meditative prayer.

Kempis, Thomas A'. (Trans. by Leo Sherley-Price). *The Imitation of Christ*. Great Britain: Penguin, 1952.

This very famous and well-accepted piece of spiritual writing should be quite interesting for any who have never yet experienced the inner, small, Christ-like voice. About half of this book is Thomas's journal dialog with the inner Christ as he perceived Him. It is a classic. "It would be impossible to estimate the wide and profound influence that this wonderful little book has exercised throughout Christendom for over five hundred years. After the Bible itself, no other work can compare with its profound wisdom, clarity of thought, and converting power."

Kidd, Sue Monk. *God's Joyful Surprise*.

A Baptist pastor's wife shares her journey from busyness, task orientedness, and anxiety to discovery of true inner spirituality and stillness. It is very easy to relate to her journey if you have grown up in modern suburbia and evangelicalism.

Luke, Helen M. *Dark Wood to White Rose: A Study of Meanings in Dante's Divine Comedy*. Pecos, New Mexico: Dove Publications.

The most magnificent poetic epic in the history of Western civilization is arguably Dante's *The Divine Comedy*. Much of the meaning and beauty of its symbolism is lost to modern readers however unless one has an instructor. In clear and fascinating style, this instructor of Italian, Italian literature and Jungian psychology conveys psychological and spiritual meanings to this great epic journey and shows its relevance to our own personal life epic.

MacDonald, Gordon. *Ordering Your Private World*. Nashville: Thomas Nelson, 1984.

For those of us who have felt driven by life rather than called by God, here is an excellent resource. This evangelical pastor and church consultant provides practical and motivational thoughts about how to organize our days to make space for inner stillness and balance. Good suggestions for spiritual journaling are included.

Michael, Chester P. and Norrisey, Marie C. *Prayer and Temperament: Different Prayer Forms for Different Personality Types*. Charlottesville, VA: The Open Door, Inc., 1984

Following a discussion of temperament theory, the authors' discuss their research in which they use the Meyers-Briggs Type Indicator, as a tool for predicting preferred forms of prayer and spirituality. Useful and informative about spirituality, personality, and prayer in general.

Miller, Calvin. *The Table of Inwardness*. Downers Grove, Ill.: Inter-varsity Press, 1984.

The author of *The Singer* speaks at the inner journey to Christ. Motivational and inspirational more than instructive.

Nowen, Henri. *The Inner Voice of Love: A Journey Through Anguish to Freedom*. His personal diary of transition through depression to experiencing God's love.

O'Brien, Mauryeen. *The New Day Journal: A Journey from Grief to Healing*. Chicago, IL: ACTA Publications, 1991.

Pennington, M. Basil. *Centering Prayer: Renewing an Ancient Christian Prayer Form*. Doubleday: New York, 1980.

Excellent and much recommended resource for understanding and developing contemplative prayer.

Smith, James Bryan with Graybeal, Lynda. *A Spiritual Formation Workbook: Small-Group Resources for Nurturing Christian Growth*. HarperSanFrancisco, 1999.

Reviews the different traditions of spirituality teaching in Christianity at large.

Sandford, John and Paula. *The Transformation of the Inner Man*. New Jersey: Bridge Publishing, 1982.

A comprehensive text on inner healing written for a lay audience with useful ideas and good psychology and theology if you can get beyond the charismatic tone.

Sanford, John A. Ph.D.. *Mystical Christianity: A Psychological Commentary on the Gospel of John*. Crossroad, 1994.

A very excellent, insightful commentary on John. Great starting place for those desiring to strengthen the biblical understanding of mysticism, symbols, and the inner life.

Sanford, John A. Ph.D.. *The Invisible Partners*. New York: Paulist Press, 1980.

Best lay book on the psychology of masculinity and femininity and how the feminine side of the male person (anima) and the masculine side of the female person (animus) creates problems and opportunities in relationships between the sexes and in the spiritual pilgrimage. Useful in improving spousal and dating relationships and understanding how to better relate to our own souls and higher unconscious (ie. *nous*). Helpful also in understanding affairs and mid-life crisis.

Sanford, John A. Ph.D.. *The Man Who Wrestled with God: Light from the Old Testament on the Psychology of Individuation*. New York: Paulist Press, 1974.

Studies of Jacob and Joseph's pilgrimages in light of Jungian thought by an Episcopal priest, Jungian analyst, and son of Edith Sanford. His numerous other books are worth reading as well.

Sanford, John A. Ph.D.. *The Strange Trial of Mr. Hyde: A New Look at the Nature of Human Evil*. San Francisco: Harper & Row, 1981.

One of the best books on ego-centrism and the corruption process leading to personality deterioration and evil in the human soul. Good for clear discernment. Interesting trial format. Highly recommended especially if you have been the victim of someone else's egocentric narcissism (ie. an alcoholic relative, demeaning boss, etc.)

- Staniloae, Dumitru. *Orthodox Spirituality: A Practical Guide for the Faithful and a Definitive Manual for the Scholar*. South Canaan, Pennsylvania: St. Tikhon's Orthodox Theological Seminary Press, 2002.  
A good textbook with an Eastern Orthodox Christian emphasis.
- Savary, Louis; Berne, Patricia H.; Williams, Strehon K. *Dreams and Spiritual Growth: A Christian Approach to Dream Work*. New York: Paulist Press, 1984.  
Brief discussions of the use of dreams in spirituality followed by thirty seven dreamwork techniques. Very practical.
- Sperry Len. *Transforming Self and Community: Revisioning Pastoral Counseling and Spiritual Direction*. Collegeville, MN: The Order of St. Benedict, Inc., 2002.  
Emphasizes the role of community in spiritual growth.
- Stanford, Miles J. *Principals of Spiritual Growth*. Lincoln, Nebraska 68501: Back to the Bible Publications, no date.  
A classic evangelical writing on the deeper Christian life with many quotes. Chapters are written in rich devotional style and should be read slowly and meditatively. Out of the Keswick Convention tradition.
- St. Teresa of Avila. *A Life of Prayer*. Part of the "Classics of Faith and Devotion" series. Portland: Multinoma, 1983.  
This conservative evangelical publisher has collected the classic writings of St. Teresa and condensed them into a readable collection even the most uncatholic of us can appreciate. For the evangelical who has never appreciated the great experiential journey possible in prayer, this book is a must. Some unfamiliar attitudes and terms are present, but just read around them.
- Underhill, Evelyn. *Mysticism*.  
This is the world's masterwork on the spiritual journey and its patterns and practices. *Unparalleled..*
- Welch, John. *Spiritual Pilgrims*. New York: Paulist Press, 1982.  
Winner of the 1982 National Catholic Book Award, the author does an excellent job of relating the pilgrimage of prayer described by St. Theresa of Avila to Jungian psychology.

#### FOR FURTHER INSTRUCTION

**The School of Spirituality** is a function of the Episcopal Center for Renewal, Diocese of Dallas. Holding sessions one weekend a month during the school year, the school seeks to educate those wishing to seriously pursue knowing God by instructing them in classical spirituality as practiced throughout church history. This is done in a way that is integrated with sound Christian understandings of psychology and philosophy. Iris Pearce, M.A. is the founder. For information call in Dallas 214-203-0966 or 941-1261.

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

**Spiritual Direction.** Those on the journey inward to God are encouraged to work with a spiritual director. Historically, this has always been the case. Jesus was the spiritual director of the disciples. The Dallas area is blessed with numerous directors. To get a referral, you may call me or contact Nancy Dunkerly at [nkdunk@tx.rr.com](mailto:nkdunk@tx.rr.com) or (972) 964-0728. Those in other areas may contact Spiritual Directors International at <http://www.sdiworld.org/>.