

## Book suggestions

The most helpful book currently is Sue Pickering's *Spiritual Direction – A Practical Introduction*

### *Also available*

*Spiritual Direction for every Christian* by Gordon Geoff

*Cave Refectory Road* by Ian Adams

*Introducing Spiritual Direction* by Peter Ball

More important however are books which encourage the Spiritual life – Spirituality is all about finding, listening to and acting on God's direction for us – and we do that most successfully by learning the skills of being in silence with God. As those skills are practiced and developed, the understanding of the need for spiritual accompaniment becomes clear. A Spiritual Director is there to help, and journey into this uncharted territory alongside you.

Books for those who want to deepen their spiritual life -

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*Into the Silent Land* by Martin Laird

*Foundations for Centering Prayer* and the Christian Contemplative Life by Thomas Keating

*The Cloud of Unknowing* Anon translation by Halcyon Backhouse I find the most accessible

*The Ascent of Mount Carmel* John of the Cross

*Simplicity* by Richard Rohr

*Spiritual Formation* by Henri Nouen with Michael J Christensen and Rebecca J Laird

*Falling Upward* by Richard Rohr

*The Interior Castle* by Teresa of Avila

*The Seven Storey Mountain* Thomas Merton

Contemporary novels – the Starbridge series by Susan Howatch especially the first *Glittering Images* includes an example of SD in a fictitious setting which I found helpful.

There are so many, many books on the spiritual life – and all religions advocate someone to walk alongside those who would discover what Richard Rohr calls the ‘Second Half of Life’!