

Spiritual Counselling Booklist

(We would like you to read a minimum of 3 books over the year)

Spiritual Counselling

Psychosynthesis	Roberto Assagioli	Thorsons
Psychosynthesis Counselling in Action	Diana Witmore	Sage
What We May Be	Pierro Ferrucci	Thorsons
Hidden Journey-a spiritual awakening	Andrew Harvey	Rider
Spiritual Emergency	Stanislav Grof Christina Grof	Tarcher/Putman
Care of the Soul	Thomas More	Piakus
Back To One	Sheldon Kop	Science & Behaviour Books
Client Centered Therapy	Carl Rogers	Constable
No Boundary	Ken Wilber	
The Eye of the Spirit	Ken Wilber	
Grace and Grit	Ken Wilber	
Transpersonal Psychotherapy in Counselling	John Rowan	
Sub personalities, the People Inside Us	John Rowan	
Healing the Male Psyche, An Initiation	John Rowan	
How loving relationships work	Anne Geraghty	Vega
Psychosynthesis, the elements & beyond	Will Parfitt	www.psavalon.com
Death	Will Parfitt	www.psavalon.com
Embracing ourselves	Hal & Sidra Stone	
Embracing each other	Hal & Sidra Stone	
Counselling for Toads	Robert de Board	Brunner- Routledge
Breaking the Spell	Rachael Clyne	www.psavalon.com
Bioenergetics	Alexander Lowen	
The Drama of being a Child	Alice Miller	
Introducing Freud	Appignanesi, Zarate	Icon Books
Dibs in search of Self	V. Axline	Penguin books
I'm ok, you're ok	T A Harris	Arrow
Beginners guide to training in counselling and psychotherapy	S. Bor & R. Palmer	Sage
Introducing Jung	Mc Guinness Hyde	Icon Books
Families and how to survive them	R, Skinner & J. Cleeves	Cedar
Meditation		
Being Nobody Going Nowhere	Aya Khema	Wisdom
Healing into Life & Death	Stephen Levine	Gateway
A Gradual Awakening	Stephen Levine	Gateway
How Can I Help	Ram Dass, Paul Gordon	Rider
The Prophet	Kahlil Gibran	Pan
Creativity		
The Artist Way	Julia Cameron	Tarcher/Putnam
Esoteric		
The Invitation	Oriah Mountain Dreamer	Thorsons
Natural magic	Marian Green	Element
Living Magically	Gill Edwards	Piatkus
Stepping into Magic	Gill Edwards	Piatkus
Singing the Soul Back Home	Caitlin Mathews	Element
As I See It	Betty Balcome	Balcome Books
Deja Who	Judy Hall	Findhorn
The Art of Psychic protection	Judy Hall	Findhorn
Psychic Protection	William Bloom	Piatkus
The Endorphine Effect	William Bloom	Piatkus
Women Who Run With The Wolves	Clarissa Pinkola Estes	Rider
In the Dark and Still Moving	Anne Geraghty	www.thetentbull.co.uk

Even more books recommended-

- Anam Cara - Spiritual Wisdom from the Celtic World, John O'Donohue, Bantam, 1999
- Anatomy of Spirit, Caroline Myss, Bantam, 1997
- Animal Speak, Ted Andrews, Llewellyn, 1994
- Art of Happiness, Dalai Lama, Hodder & Stoughton, 1999
- Archetypes and The Collective Unconscious, The, Carl Jung
- Autobiography of a Yogi , Paramahansa Yoganada, Indypublish, 2004
- Being Peace, Thich Nhat Hanh, Rider, 1992
- Brain that Changes Itself— Stories of Personal Triumph from the Frontiers of Brain Science, The ,Norman Doidge

Call of Spiritual Emergency: From Personal Crisis to Personal Transformation, The, Emma Bragdon
Chalice & The Blade, The, Riane Eisler, Harper San Francisco, 1996
Clear Your Clutter with Feng Shui, Karen Kingston, Piatkus, 1998
Consilience, Edward O. Wilson
Continuum Concept, The, Jean Liedloff, Arkana, 1989
Conversations with God, Neale Donald Walsch, Hodder Mobius, 1999
Cutting Through Spiritual Materialism, Chogyam Trungpa, Shambhala Publications, 1996
Esoteric Psychology I & II, Alice Bailey
Encountering the Sacred in Psychotherapy: How to Talk with People About Their Spiritual Lives, James
Great Transformation — The World in the Time of Buddha, Socrates, Confucius and Jeremiah , The, Karen Armstrong
Griffith and Melissa Elliot Griffith
Field, The, Lynne McTaggart, Harper Collins, 2003
Flight into Freedom, Eileen Caddy, Element, 1996
Focusing: How to Open Up Your Deeper Feelings and Intuition, Eugene T Gendlin, Rider, 2003
Function of the Orgasm, Wilhelm Reich
Gaia: A New Look at Life on Earth, James Lovelock, Oxford Paperback, 1996
Hands of Light: A Guide to Healing through the Human Energy Field , Barbara A. Brennan, Bantam, 1998
Healing with Wholefoods, Paul Pitchford, North Atlantic Books, 1996
Healing the Split: Integrating Spirit Into Our Understanding of the Mentally Ill John E Nelson's. Suny
How to Meditate, Lawrence Leshan, Little Brown, 1996
In and Out the Garbage Pail, Fritz Perls and Russ Younggreen,
Initiation, Human and Solar, Alice Bailey, Lucis Press, 1972
Iron John - A Book About Men, Robert Bly, Rider, 1996
Man and His Symbols, 'Carl Jung & Marie-Louise Franz
Many Lives, Many Masters, Brian Weiss, Piatkus, 1994
Messages from Water, Masaru Emoto, Hado, 2003
Mind Games: The Guide to Inner Space, Robert E.L. Masters and Jean Houston
Muses, Madmen and Prophets: Hearing Voices and the Borders of Sanity Daniel B. Smith's. Penguin
Nature of Personal Reality, The, Jane Roberts
New Natural Death Handbook, Nicholas Albery (ed), Rider, 1996
No Boundary: Eastern and Western Approaches to Personal Growth, Ken Wilber, Shambhala, 2000
On Death and Dying, Elizabeth Kubler Ross, Prentice Hall
Owning Your Own Shadow: Understanding the Dark Side of the Psyche, Robert Johnson
Power of Myth, Joseph Campbell, Bantam Doubleday Dell, 1996
Power of Now, The, Eckhart Tolle, New World, 2004
Primal Scream: Primal Therapy - the Cure for Neurosis, Arthur Janov
Psychotherapy, East and West, Alan Watts
Quantum Healing, Deepak Chopra, Bantam, 1989
Return to Love, Marianne Williamson, HarperCollins, 1996
Relating - An Astrological Guide to Living with Others, Liz Greene, HarperCollins, 1995
Revisioning Transpersonal Theory: A Participatory Vision of Human Spirituality, Jorge Noguera Ferrer,
Road Less Travelled, The, M Scott Peck, Arrow, 1990
Seat of the Soul, The, Gary Zukav, Rider, 1991
Seven Experiments That Could Change the World, Rupert Sheldrake, Inner Traditions, 2002
Seven Habits of Highly Effective People, Stephen Covey, Free Press, 1996
Small is Beautiful, E.F. Schumacher, Vintage, 1993
Soulution: The Holistic Manifesto, William Bloom, Hay House, 2004
Soul's Code, The, James Hillman, Bantam, 1997
Sourcebook for Helping People in Spiritual Emergency, Emma Bragdon
Spiritual Intelligence, Danah Zohar & Ian Marshall, Bloomsbury, 2001
Spirituality Revolution – The Emergence of Contemporary Spirituality, The, David Tacey, Brunner Routledge, 2004
Stormy Search For The Self: A Guide To Personal Growth Through Transformative Crisis, The, Stanislav Grof
Tao of Physics, Fritjof Capra, Flamingo, 1992
Taoist Ways To Transform Stress into Vitality, Mantak Chia, Healing Tao Books, 1996
Tibetan Book of Living and Dying, Sogyal Rinpoche, Rider, 2002
Unknown Reality I & II, The, Jane Roberts
Varieties of Religious Experience, William James, Penguin, 1996
Vibrational Medicine for the 21st Century, Richard Gerber. Piatkus, 2001
Way of the Shaman , Michael Harner, Harper San Francisco, 1992
Who Dies? : An Investigation of Conscious Living and Conscious Dying, Stephen Levine, Gateway, 1996
Why Love Matters — how affection shapes a baby's brain, Sue Gerhardt,
You Can Heal Your Life, Louise Hay, Hay House, 2002