



Seeds of
Silence

finding space with God

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Book List

Books on the list below are selected to support and encourage your development of a discipline of silence. They are arranged in categories, by author surname. Categories include:

- short introductions to silence;
- Christian meditation and contemplation;
- books focussing on particular practices of silence;
- autobiographical and more general books about silence;
- the solitary or hermit life;
- prayers and meditations;
- classic texts on silence and prayer;
- in depth books for experienced practitioners and/or higher-level academic study.

Short introductions (less than 25 pages)

Pierre Lacout, *God is Silence*, London: Quaker Home Service, 1985.

Wendy Robinson, *Exploring Silence*, Oxford: SLG Press, Fairacres, 1979.

Silence and Christian meditation and contemplation

Sister Jeremy Hall, *Silence, Solitude, Simplicity: A Hermit's Love Affair with a Noisy, Crowded, and Complicated World*, Collegeville, MN: Liturgical Press, 2007.

Phileena Heurtz, *Mindful Silence: The Heart of Christian Contemplation*, Downers Grove, IL: InterVarsity Press, 2018.

Martin Laird, *Into the Silent Land: The Practice of Contemplation*, London: Darton, Longman and Todd, 2006.

Martin Laird, *A Sunlit Absence: Silence, Awareness and Contemplation*, Oxford: Oxford University Press, 2011.

Martin Laird, *An Ocean of Light: Contemplation, Transformation and Liberation*, Oxford: Oxford University Press, 2019.

Sally Longley, *Conversations with Silence: Rosetta Stone of the Soul*, Eugene, OR: Cascade Books, 2021.

Kim Nataraja, ed., *Journey of the Heart: Christian Contemplation Through the Centuries*, Norwich: Canterbury Press, 2011.

Benignus O'Rourke, *Finding Your Hidden Treasure*, London: Darton, Longman and Todd, 2010.

Richard Rohr, *Everything Belongs: The Gift of Contemplative Prayer*, New York, NY: Crossroads Publishing, 1999.

Jessica M. Smith & Stuart Higginbottom, *Contemplation and Community: A Gathering of Fresh Voices for a Living Tradition*, New York, NY: Crossroads Publishing, 2019.

Other books on silence with God

Peter–Damien Belisle, *The Language of Silence: The Changing Face of Monastic Solitude*, London: Darton, Longman and Todd, 2003.

Catherine de Hueck Doherty, *Molchanie: The Silence of God*, London: Fount Paperbacks, 1982.

Andrew Norman, *Silence In God*, London, SPCK, 1990.

Maggie Ross, *Writing the Icon of the Heart: In Silence Beholding*, Abingdon: The Bible Reading Fellowship, 2011.

Catherine Doherty, *Poustinia: Encountering God in Silence, Solitude and Prayer*, 3rd edition, Ogdensburg, NY: Madonna House Publications, 2000.

Books about specific practices of Christian meditation or silence

On Centering Prayer:

Cynthia Bourgeault, *Centering Prayer and Inner Awakening*, Lanham, MD: Cowley Publications, 2004.

David Fredette, *The Path of Centering Prayer: Deepening Your Experience of God*, Boulder, CO: Sounds True, 2012.

Keating, Thomas, *Invitation to Love: The Way of Christian Contemplation*, London: Bloomsbury, 2011.

Thomas Keating and Others, *Spirituality, Contemplation and Transformation: Writings on Centering Prayer*, New York, NY: Lantern Books, 2008.

Thomas Keating, *Open Mind, Open Heart: The Contemplative Dimension of the Gospel*, New York, NY: Continuum, 1995.

On John Main and 'Christian Meditation' practice:

Lawrence Freeman, *Light Within: Meditation as Pure Prayer*, London: Darton, Longman and Todd, 1986.

Lawrence Freeman and Stefan Reynolds, eds., *John Main: The Expanding Vision*, London: Canterbury Press, 2009.

John Main, *Word Into Silence*, London: Darton, Longman and Todd, 1980.

On 'The Jesus Prayer' meditation:

Per–Olof Sjögren, *The Jesus Prayer: Learning to Pray from the Heart*, London: SPCK, 1975.

John Twisleton, *Using the Jesus Prayer: Steps to a Simpler Christian Life*, Abingdon: Bible Reading Fellowship, 2014.

Autobiographical and more general or secular books about silence

(not all from a faith or Christian perspective)

Iulia de Beausorbe, *Flame in the Snow*, London: Constable and Co., 1945.

- Anne D. LeClaire, *Listening Below the Noise: A Meditation on the Practice of Silence*, New York, NY: HarperCollins, 2009.
- Patrick Leigh Fermor, *A Time to Keep Silence*, London: John Murray Publishers, 2004 [1957].
- Adam Ford, *Seeking Silence in a Noisy World: The Art of Mindful Silence*, Lewes: Leaping Hare Press, 2011.
- Thich Nhat Hanh, *Silence: The Power of Quiet in a World Full of Noise* (London: Rider, 2015).
- Diarmaid MacCulloch, *Silence: A Christian History*, London: Allen Lane, 2013.
- Sara Maitland, *A Book of Silence*, London: Granta Books, 2008.
- Silvia Ostertag, *Living Silence: Tuning In and Practicing*, Beauchamp: Matador, 2013.
- Max Picard, *The World of Silence*, Stanley Godman, trans., London: The Harvill Press, 1948.
- George Prochnik, *In Pursuit of Silence: Listening for Meaning in a World of Noise*, London: Doubleday, 2010.
- Graham Turner, *The Power of Silence: The Riches That Lie Within*, London: Bloomsbury, 2012.
- Bieke Vandekerckhove, *The Taste of Silence: How I Came to be At Home with Myself*, Collegeville, MN: Liturgical Press, 2015.
- Harry Wilmer, *Quest for Silence*, Einsiedeln: Daimon, 2000.

Books about solitary or hermit life and silence

- Mario I. Aguilar, *The Way of the Hermit: Interfaith Encounters in Silence and Prayer*, London: Jessica Kingsley Publishers, 2017.
- Bernadette Flanagan, *Embracing Solitude: Women and New Monasticism*, Eugene, OR: Cascade Books, 2014.
- Paul A. Fredette and Karen Karper Fredette, *Consider the Ravens: On Contemporary Hermit Life*, Bloomington, IN: iUniverse, 2011.
- Karen Karper Fredette, *Where God Begins to Be: A Woman's Journey into Solitude*, Bloomington, IN: iUniverse, 2004.

Prayers and meditations

- Sister Wendy Beckett, *Meditations on Silence*, London: Dorling Kindersley, 1995.
- Carla A. Grosch-Miller, *Psalms Redux: Poems and Prayers*, London: Canterbury Press, 2014.
- Thomas Merton, *Dialogues with Silence: Prayers and Drawings*, London: SPCK, 2002.
- Helen Waddell, *The Sayings of the Desert Fathers*, London: Fontana, 1962.
- Benedicta Ward, *Selections from the Sayings of the Desert Fathers*, Kalamazoo, MI: Cistercian Publication, 1975.

Classic texts about silence and prayer

- Anonymous, *The Cloud of Unknowing*, available in various editions.
- Catherine of Sienna, *The Dialogue*, available in various editions.
- Meister Eckhart, with Introduction by David Steindl-Rast, *Meister Eckhart, From Whom God Hid Nothing: Sermons, Writings and Sayings*, Boston, MA: New Seeds Books, 1996.
- Ignatius of Loyola, *The Spiritual Exercises*, available in various editions.
- John of the Cross, *Ascent of Mount Carmel*, available in various editions.
- John of the Cross, *The Dark Night of the Soul*, available in various editions.

Julian of Norwich, *Revelations of Divine Love*, available in various editions.
Matthew Levering, *On Prayer and Contemplation: Classic and Contemporary Texts*, Lanham, MD: Sheed & Ward, 2005.
Teresa of Avila, *Interior Castle*, available in various editions.

Some in-depth books for experienced practitioners and/or higher level academic study

Cynthia Bourgeault, *The Heart of Centering Prayer: Nondual Christianity in Theory and Practice*, Boulder, CO: Shambhala Publications, 2016.
Beverly J. Lanzetta, *The Other Side of Nothingness: Towards a Theology of Radical Openness*, Albany, NY: State University of New York Press, 2001.
Beverly J. Lanzetta, *Radical Wisdom: A Feminist Mystical Theology*, Minneapolis, MN: Fortress Press, 2005.
Rachel Muers, *Keeping God's Silence: Towards a Theological Ethics of Communication*, Oxford: Blackwell Publishing, 2004.
Paula Pryce, *The Monk's Cell: Ritual Knowledge in American Contemplative Christianity*, New York, NY: Oxford University Press, 2018.
Bernadette Roberts, *The Experience of No-Self: A Contemplative Journey*, London: Shambhala, 1984.
Maggie Ross, *Silence: A User's Guide, Volume 1: Process*, London: Darton, Longman and Todd, 2014.
Maggie Ross, *Silence: A User's Guide, Volume 2: Application*, London: Darton, Longman and Todd, 2018.
Robert Sardello, *Silence: The Mystery of Wholeness*, Berkeley, CA: North Atlantic Books, 2006.
Alison Woolley, *Women Choosing Silence: Relationality and Transformation in Spiritual Practice*, London: Routledge, 2019.