

## Selected Resources for Spiritual Exploration

*Listed below are recommended readings and resources to consider in deepening your spiritual practice while challenged by cancer.*

*-compiled by Carole O'Toole and Greg Finch ©2013*

**"Close to the Bone", Jean Shinoda Bolen, M.D.**

*Beautifully written book on the process of healing from disease using Greek mythology as metaphor for the illness experience.*

**"Scarred by Struggle, Transformed by Hope", Jean Chittister**

*Insightful reflection on the human ability to grow spiritually from struggle and find new ways to live from the experience.*

**"Kitchen Table Wisdom: Stories That Heal" and "My Grandfather's Blessings: Stories of Strength, Refuge and Belonging", Rachel Naomi Remen, M.D.**

*Collections of remarkable, powerful stories that affirm the spiritual dimensions of healing.*

**"The Anatomy of Hope", Jerome Groopman, M.D.**

*Physician's observations on how people find and sustain hope during difficult times.*

**"No Death, No Fear", Thich Nhat Hanh**

*The Buddhist poet, activist and teacher examines our concepts of death and reveals the myths and illusions that imprison us with fear.*

**"The Power of Now", Eckhardt Tolle**

*A profound discussion on the elusive nature of living in the present.*

**"The Undefended Self: Living the Pathwork of Spiritual Wholeness", Susan Thesenga**

*The teachings of The Pathwork*

**"Living Your Unlived Life", Robert A. Johnson**

*Jungian psychologist Johnson helps us bring to consciousness our unlived lives to propel us beyond our limitation in the face of outer circumstances that cannot always be altered.*

**Individual Guidance:** *You may also wish to explore working with a Spiritual Director; contact Shalem Institute or Am Kolel Retreat Center for more information.*

**Retreats:** *There are many retreat centers in and around the metropolitan area; contact Smith Center for more information*

**Spiritual Chanting and Meditation:**

*Kirtan is a Hindu devotional practice of call and response chanting Kirtan meetup groups can be found on [www.meetup.com](http://www.meetup.com). Likewise there are many meditation groups. Smith Center offers a series, and Insight Meditation Society offers group meditations around the city at various locations.*