



**RESOURCE CENTER**  
**BOOKS, CDS AND DVD LIST**

**LOURDES CRABTREE**

[coo.centering@gmail.com](mailto:coo.centering@gmail.com)



## ONTARIO RESOURCE CENTER

---

### CONTENTS

BOOK LIST .....	3
CD LIST .....	6
DVD LIST .....	10
Section 1: DVD Series .....	10
Section 2: DVD Selection .....	13



## ONTARIO RESOURCE CENTER

### BOOK LIST

	NAME	TITLE	COPIES
1.	Gregory Fruethwirth, OJN	<b>WORDS FOR SILENCE: A Year of Contemplative Meditation (2008)</b>	<b>1</b>
2.	S. Stephanie Iachetta	<b>THE DAILY READER FOR CONTEMPLATIVE READING:</b> - Excerpts from the Works of Fr. Thomas Keating (2003)	<b>1</b>
3.	Fr. Thomas Keating	<b>ACTIVE MEDITATIONS FOR CONTEMPLATIVE PRAYER</b> - Short excerpts suitable for meditation. (1997)	<b>1</b>
4.	Fr. Thomas Keating	<b>THE HEART OF THE WORLD:</b> - An introduction to Contemplative Christianity (1981)	<b>1</b>
5.	Fr. Thomas Keating	<b>INVITATION TO LOVE: The Way of Christian Contemplation</b> -The spiritual journey is covered in detail in this book. (1992)	<b>1</b>
6.	Fr. Thomas Keating	<b>OPEN MIND, OPEN HEART: The Contemplative Dimension of the Gospel</b> -Revised text. The Contemplative Dimension of the Gospel-Centering Prayer resource. Many questions regarding the Centering Prayer method are answered here. (20th anniversary edition - 2006)	<b>1</b>
7.	Fr. Thomas Keating	<b><u>Prier dans le secret</u> par Thomas Keating</b> - Translation of the 20th anniversary edition of Open Mind, Open Heart (2009) – FRENCH Version	<b>2</b>
8.	Fr. Thomas Keating	<b>THE MYSTERY OF CHRIST: The Liturgy as Spiritual Experience</b> -A discussion of the contemplative dimension of the Gospel. (1987)	<b>1</b>
9.	J. David Muyskens	<b>FORTY DAYS TO A CLOSER WALK WITH GOD: The Practice of Centering Prayer (2006)</b>	<b>1</b>



## ONTARIO RESOURCE CENTER

10.	Michael Moran & Ann Overton, ed.	<b>AS WE KNEW HIM: Reflections on M. Basil Pennington (2008)</b>	<b>1</b>
11.	Brant Pelphrey	<b>CHRIST OUR MOTHER: Julian of Norwich</b> - An exploration of the life of the mystic. (1989)	<b>1</b>
12.		<b>SEEKING HIS MIND: 40 Meetings with Christ (2002)</b>	<b>1</b>
13.		<b>FORMATION BOOK – Guide to Contemplative Outreach Programs</b>	<b>1</b>
14.		<b>ORACION CENTRANTE – Modulo 1</b>	<b>1</b>
15.	Fr. Richard Rohr	<b>BREATHING UNDER WATER: Spirituality and the 12 Steps (2005)</b>	<b>1</b>
16.	Fr. Richard Rohr	<b>THE NAKED NOW: Learning to See as the Mystics See (2009)</b> (CDs available + 2 DVDs entitled Exploring <u>The Naked Now</u> )	<b>1</b>
17.	Elizabeth Smith & Joseph Chalmers	<b>A DEEPER LOVE: An Introduction to Centering Prayer</b> –Brief but illuminating introduction to Centering Prayer based on the writings of Thomas Keating. (1999)	<b>1</b>
18.	St. Alphonsus de Liguoro	<b>Uniformity With God’s Will</b>	<b>4</b>
19.	David Frenette	<b>The Path of CENTERING PRAYER</b> Deepening Your Experience of God	<b>1</b>



## ONTARIO RESOURCE CENTER

---

20.		<b>The Contemplative Life Program – Series of booklets</b> – Contemplative Service <ul style="list-style-type: none"><li>- Discernment</li><li>- Faith: An Advent Companion</li><li>- The Paschal Mystery</li><li>- Attention/ Intention</li><li>- Hospitality</li><li>- Simplicity</li><li>- Spirituality of Money</li><li>- Silence and Solitude</li><li>- Centering Prayer</li><li>- Active Prayer</li></ul>	<b>1</b>
-----	--	--	----------

**Note: Individual chapters of many books can be viewed at Google Books.**



## ONTARIO RESOURCE CENTER

### CD LIST

	NAME	TITLE	COPIES
1	Arico, Fitzpatrick- Hopler Frenette, Teasdale	<p><b><u>Practices that bring the Fruits of Centering Prayer into Daily Life</u></b></p> <p>1 Frenette – Contemplative Service: Intention/Attention Practice (34 min.)            2 Arico – Lectio Divina Practice (32 min.)            3 Teasdale – The Prayer of Forgiveness (32 min.)            4 Teasdale &amp; Fitzpatrick-Hopler – The Welcoming Prayer (56 min.)</p>	1
2	Cynthia Bourgeault 2012 rev. of 3/2003 original	<p><b><u>Deepening the Practice of Centering Prayer</u></b></p> <p>Disc 1 – Moving Toward Something More ((52:26)            Disc 2 – The Spiritual Basis of Surrender (52:29)            Disc 3 – The Theological Basis of Surrender (64:20)            Disc 4 – Seeing into the Void (61:11)            Disc 5 – Presence (43:43)            Disc 6 – Prayer in Secret (43:22)            Disc 7 – Honing Points {35:02)</p> <p>(Ask about detailed description of all tracks on each CD.)</p>	1
3	Cynthia Bourgeault 2/2007	<p><b><u>Centering Prayer: Uniquely, Powerfully Christian Meditation</u></b></p> <p>Part 1 – The Confirmation of Silence (20 min.)            Part 2 – Heartbroken Christians (20 min.)</p>	1



## ONTARIO RESOURCE CENTER

	NAME	TITLE	COPIES
4	Cynthia Bourgeault & Richard Rohr 2011	<p><b><u>God as Us! The Sacred Feminine &amp; the Sacred Masculine</u></b></p> <p>Mary Magdalene as Guiding Presence – Bourgeault  Apostle to the Apostles – Bourgeault  Non-Dual Wisdom -- Rohr  The Sacred as Connection – Rohr  Reclaiming the Path to Romantic Love – Bourgeault  God as Subject AND Object – Rohr  The Path of Jesus – Bourgeault  The True Spiritual Path – Rohr  Beyond the Dance to Union – Rohr  Passion as a Dangerous Word – Bourgeault  One Small Drop of Knowing – Michelle Grubert &amp; Gerry Aylward  Questions and Responses -- Bourgeault &amp; Rohr  Homily -- Bourgeault  6 CDs (approx. 8 hours)</p>	1
5	Cynthia Bourgeault, Richard Rohr & James Findley 2010	<p><b><u>Following the Mystics Through the Narrow Gate.</u></b>  <i>A Timeline of Mysticism – Richard Rohr, ofm:</i>  <i>The Expansive Space of the Mystics</i>  <i>An Experience of the Holy</i></p> <p><i>Passing Through the Narrow Gate – James Finley PhD.</i>  <i>A Practice to be with God</i>  <i>A Summary of the Gates</i></p> <p><i>Questions and Responses – Bourgeault, Finley &amp; Rohr</i></p> <p>9 CDs (approx. 9 hours)</p>	1
6	Mary Dwyer 5/ 2007	<p><b><u>Forgiveness Prayer</u></b> (Disk1 – 75:47 Disk2 - 61:34)</p> <p>The heart of the matter in dismantling blocks in the spiritual life and developing a greater “at easeness” in daily life.  Talk given at St. Leonard’s Parish, Toronto.</p>	1



## ONTARIO RESOURCE CENTER

	NAME	TITLE	COPIES
7	Fr. Thomas Keating	<b><u>Centering Prayer</u></b> 1. Grounded Centering Prayer 2. Inner Room	1
7	Fr. Keating & Tami Simon 12/2009	<b><u>Inviting the Presence of the Divine, Parts 1 + 2</u></b>  Part 1 – Fr. Keating discusses his personal monastic path, prayer, doubt, and how he has dealt with both little deaths and big deaths in his own life. (52:58 min.) Transcript on CD.  Part 2 – Fr. Keating discusses death, the afterlife and the transformative process that occurs when one engages regularly with the practice of centering prayer. (28:32 min.)	1
8	Fr. Keating & Herb Blake 9-2011	<b><u>Radio Interview on the program “Path for Justice”</u></b>  (58:14 min.)	1
9	Fr. Keating & Tom Fox 2007	<b><u>The Gift of Contemplative Prayer</u></b>  Part 1 – Rediscovering the Tradition (17 min.) Part 2 – Consenting to the Invitation to Transformation (16 min.) Part 3 – Encountering Silence (19 min.) Part 4 – The Need for Renewal (19 min.)	1





## ONTARIO RESOURCE CENTER

	NAME	TITLE	COPIES
10	Richard Rohr, OFM 2010 (includes book)	<p><b><u>The Naked Now: Learning to See as the Mystics See</u></b></p> <p><b>Talk 1</b> explores the theme of contemplative seeing as the "lost treasure" from our Christian tradition. Recognizing this opens us to the adventure of a new life.</p> <p><b>Talk 2</b> leads us to experience a new way to process reality, not knowing by thinking, but by encountering. Hear directly from the author his central message and why it is so important for anyone on a serious spiritual journey, trying to follow the "deeper wisdom teaching that Jesus so ideally taught."</p> <p>Both talks are followed by Q &amp; A sessions. A bonus section presents several contemplative practices to help the seeker. 3 CDs (approx. 4 hours)</p>	?
11	Richard Rohr, OFM	<p><b><u>Exploring and experiencing the Naked Now</u></b></p> <p>3 CDs</p>	1

### Internet Audio and Video

**Note:** More and more audio and video podcasts are being posted on the Web. Explore there for other talks of interest.



**DVD LIST**

**Section 1: DVD Series**

<b>THE SPIRITUAL JOURNEY SERIES by Fr. Thomas Keating (of 31 DVDs or VHS tapes)</b>		
	<b>DVD Copies</b>	<b>VHS Copies</b>
<b>Prologue: Method of Centering Prayer &amp; the Spiritual Journey (2 DVDs/tapes)</b>		
Tape 1 - The Method of Centering Prayer	4	1
Tape 2 - The Psychology of Centering Prayer	4	1
<b>Part 1: Developing Centering Prayer (6 DVDs/tapes)</b>		
<b>Tape 0 - Introduction: Attitudes to God</b>	4	3
Tape 1 - Prayer as Relating to God	4	3
Tape 2 - Four Levels of Spiritual Experience	4	2
Tape 3 - Toward Resting in God	4	4
Tape 4 - Centering Prayer as Method	4	5
Tape 5 - Progress in Centering Prayer	4	4
<b>Part 2: Model of the Human Condition (6 DVDs/tapes)</b>		
Tape 6 - The Human Condition: The Evolutionary Model	4	3
Tape 7 - Formation of the Homemade Self: The Existential Model	4	3
Tape 8 - The Pre-Rational Energy Centers	4	3
Tape 9 - Frustrations Caused by the Emotional Programs	4	3
Tape 10 - Dismantling the Emotional Programs	4	3
Tape 11 - The False Self in Action	4	3
<b>Part 3: Paradigms of the Spiritual Journey (6 DVDs/tapes)</b>		
Tape 12 - The Four Consents	4	3
Tape 13 - The Human Condition: The Philosophical Model	4	3



## ONTARIO RESOURCE CENTER

<b>THE SPIRITUAL JOURNEY SERIES by Fr. Thomas Keating (of 31 DVDs or VHS tapes)</b>		
Tape 14 - Anthony as a Paradigm of the Spiritual Journey	4	3
Tape 15 - Liberation of the False Self System	4	3
Tape 16 - Liberation from Cultural Conditioning	4	3
Tape 17 - Spirituality for Everyday Life	4	3
<b>Part 4: Contemplation: The Divine Therapy (6 DVDs/tapes)</b>		
Tape 18 - Night of the Sense: The Biblical Desert	4	3
Tape 19 - Night of the Spirit: Toward Transformation	4	3
Tape 20 - The Beatitudes: Healing the Emotional Programs	4	4
Tape 21 - The Spiritual Senses	4	3
Tape 22 - What Contemplation is Not	4	3
Tape 23 - From Contemplation to Action	4	3
<b>Part 5: Divine Love: The Heart of the Christian Spiritual Journey (5 DVDs/tapes)</b>		
Tape 24 - The Most Excellent Path	4	2
Tape 25 - The Divine Banquet and Dance	4	2
Tape 26 - Prayer in Secret: Matt 6:6	4	2
Tape 27 - What is the Divine Therapy?	4	2
Tape 28 - Contemplative Outreach: A Response to the Divine Invitation	4	2

Contact the Resource Center to enquire about ordering *transcripts* for the entire Spiritual Journey Series.

You can also visit the online bookstore at [www.contemplativeoutreach.org](http://www.contemplativeoutreach.org). Be aware that, by law, a brokerage fee and Canadian taxes are applied to all UPS parcels valued over \$20 crossing the border.

<b>HEARTFULNESS SERIES : Transformation in Christ (Thomas Keating and Betty Sue Flowers)</b>
--



## ONTARIO RESOURCE CENTER

---

(Includes: <b>3 x DVDs</b> , 1 x DVD Guidebook (22 pages), 1 x 143 page booklet, 1 set of 10 reflection cards)	
<b>DVD 1</b> Introduction by Gail Fitzpatrick-Hopler, 4 min. Segment 1 - <b>The Pursuit of Happiness</b> , 23 min. 2 - <b>The Human Condition</b> , 21 min. 3 - <b>Centering Prayer</b> , 19 min	
<b>DVD 2</b> Segment 4 - <b>Sin</b> , 17 min. 5 - <b>Suffering</b> , 21 min. 6 - <b>Redemption</b> , 15 min.	
<b>DVD 3</b> Segment 7 - <b>Love and the Trinity</b> , 21 min. 8 - <b>Divine Indwelling</b> , 22 min. 9 - <b>Divine Transformation</b> , 18 min	

### Internet Audio and Video

**Note:** More and more audio and video podcasts are being posted on the Web.  
Explore there for other talks of interest.



## ONTARIO RESOURCE CENTER

---

### Section 2: DVD Selection

	NAME	TITLE	COPIES
1	Arico, Fitzpatrick- Hopler Frenette, Teasdale	<p><b><u>Practices that bring the Fruits of Centering Prayer into Daily Life</u></b></p> <p>1 Frenette – Contemplative Service: Intention/Attention Practice (34 min.)            2 Arico – Lectio Divina Practice (32 min.)            3 Teasdale – The Prayer of Forgiveness (32 min.)            4 Teasdale &amp; Fitzpatrick-Hopler – The Welcoming Prayer (56 min.)</p>	?
2	Cynthia Bourgeault 1/2007	<p><b><u>The Gospel of Mary Magdalene</u></b> – an interview</p> <p>An exploration of religion and spirituality, specifically of Christianity and of the Christ as an awakened one inspiring our own awakening. (43:16 min.)</p>	1
3	Cynthia Bourgeault 2/2007	<p><b><u>Centering Prayer: Uniquely, Powerfully Christian Meditation</u></b></p> <p>Part 1 – The Confirmation of Silence (20 min.)            Part 2 – Heartbroken Christians (20 min.)</p>	1



## ONTARIO RESOURCE CENTER

	NAME	TITLE	COPIES
4	Cynthia Bourgeault & Richard Rohr 2011	<p><b><u>God as Us! The Sacred Feminine &amp; the Sacred Masculine</u></b></p> <p>Mary Magdalene as Guiding Presence – Bourgeault  Apostle to the Apostles – Bourgeault  Non-Dual Wisdom -- Rohr  The Sacred as Connection – Rohr  Reclaiming the Path to Romantic Love – Bourgeault  God as Subject AND Object – Rohr  The Path of Jesus – Bourgeault  The True Spiritual Path – Rohr  Beyond the Dance to Union – Rohr  Passion as a Dangerous Word – Bourgeault  One Small Drop of Knowing – Michelle Grubert &amp; Gerry Aylward  Questions and Responses -- Bourgeault &amp; Rohr  Homily -- Bourgeault  4 DVDs (approx. 8 hours)</p>	1
5	Contemplative Outreach Year 2000	<p><b><u>Reaching out to the World</u></b> (6:52 min.)</p> <p>A short intro to Centering Prayer.</p>	1
6	Keith Dunnet, producer 3/2008	<p><b><u>Centering Prayer – Inner Awakening</u></b> (6:08 min.)</p> <p><i>A Faith Journal</i> field report by Crossroads Television System (CTS) on a Toronto centering prayer group.</p>	5
7	@global CAFÉ Series 2008	<p><b><u>A Winter Tour of St. Benedict’s Monastery, Snowmass, CO</u></b></p> <p>A short tour of St. Benedict’s, the spiritual home of Contemplative Outreach, presented by Baraka Media. (3:14 min.)</p>	2
8	Fr. Thomas Keating 7/2009	<p><b><u>“Gifts” Homily</u></b> (21:40 min.)</p> <p>Homily preceding gift of Fr. Keating’s intellectual works to CO.</p>	1



## ONTARIO RESOURCE CENTER

	NAME	TITLE	COPIES
9	Fr. Thomas Keating 10/2002	<p><b><u>Living in the Presence of God Day after Day after Day</u></b></p> <p>DVD 1 Part 1, Section 1 - 41:58, Section 2 - about 74 min, Part 2, Section 1 – about 1 hour 58 min.</p> <p>DVD 2 Part 2, Section 2 – about 33 min.</p>	1
10	Fr. Thomas Keating 9/2005	<p><b><u>Living the Contemplative Life</u></b> (47 min.) <b><u>Homily</u></b> (21 min.)</p> <p>2005 Annual Conference and Retreat, Austin, Texas “What you have hidden from the learned and the clever...” A meditation on the Matt. 11 invitation to persist, like a child, in the spiritual life because we are yoked to Jesus.</p>	1
11	Fr. Thomas Keating 1988	<p><b><u>Introductory Guidelines to Centering Prayer</u></b> (7:51 min.)</p> <p>Excerpt from the Spiritual Journey Series</p>	3
12	Fr. Thomas Keating 1/2010	<p><b><u>The Spirit of Interreligious Dialogue</u></b> (5:03 min.)</p> <p>Filmed by Naropa University in Colorado. Includes an update on Fr. Keating’s health.</p>	1



## ONTARIO RESOURCE CENTER

	NAME	TITLE	COPIES
13	Keating & Fr. Richard Rohr	<p><b><u>THE ETERNAL NOW - and how to be there!</u></b> (approx. 9.5 hours)</p> <p>The speakers present, with practical examples, the ancient, perennial &amp; Christian tradition of "now" teaching. Each in their gifted style help listeners connect the dots between Scripture, the desert Mystics, the Benedictine &amp; Franciscan traditions, the Buddhist masters &amp; other contemporary teachers.</p> <p><b>Disc 1:</b> Introduction  <b>Disc 2:</b> Balancing Time, Space and God  <b>Disc 3:</b> Jesus' Incarnation: Eternal Now Meets Time and Space  <b>Disc 4:</b> Centering Prayer: Accessing the Present Moment  <b>Disc 5:</b> The Great Doorway: An Intersection of Timelessness &amp; Time  <b>Disc 6:</b> Question and Answer Session  <b>Disc 7:</b> Integrating Action &amp; Contemplation: The Task of the Present Moment  <b>Disc 8:</b> Mary and Martha: Balancing Action and Contemplative Living</p>	1
14	Fr. Thomas Keating & Fr. Micah Schoenberger 2012	<p><b><u>Contemplative Journey Revisited</u></b> (68 min.)</p> <p>Talk 1 – Keating: <b><u>The House of God, The Womb of God</u></b> (44 min.)            Talk 2 – Schoenberger: <b><u>Reflections on Lectio Divina</u></b> (16 min.)            Talk 3 – Keating: <b><u>Reflections on the Trinity</u></b> (8 min.)</p>	1
15	Fr. William Meninger 2003	<p><b><u>Contemplative Meditation &amp; The Cloud of Unknowing</u></b></p> <p>3 DVD set. Each talk is about 90 min.</p>	1





## ONTARIO RESOURCE CENTER

	NAME	TITLE	COPIES
16	Fr. Richard Rohr 1/2011	<p><b><u>Emotional Sobriety: Rewiring our Programs for Happiness</u></b></p> <p>When ‘happiness’ eludes us – as eventually it always will – we have an invitation to examine our programmed responses and to exercise our power to choose again. We exaggerate, confuse &amp; distort reality, thus causing an emotional imbalance in our families, our church &amp; our politics.</p> <p>We can learn to heal our reactive responses by seeking ‘emotional sobriety,’ which is really the task that we call contemplation.</p> <p>Authentic spirituality should lead to a total "rewiring" of both our conscious lives and our unconscious, or programmed, responses. It will not just change external behaviour, but internal emotions and responses, what some call "the healing of memories."</p> <p>This talk builds on Fr. Rohr’s book <b><u>Breathing Under Water: Spirituality and the Twelve Steps</u></b>, (about 80 min.)</p>	1
17	Fr. Richard Rohr 2010 (book also available)	<p><b><u>Exploring and experiencing the Naked Now</u></b> (approx. 4 hours)</p> <p>A compilation of two talks.</p> <p><b>Talk 1</b> explores the main themes of his book <b><u>The Naked Now: Learning to See as the Mystics See</u></b>. Contemplative seeing is the "lost treasure" from our Christian tradition. Recognizing this opens us to the adventure of a new life.</p> <p><b>Talk 2</b> teaches us a new way to process reality, not knowing by thinking, but by encountering. Our heritage is experiential Christianity; to know it for ourselves. This talk opens Scripture to reveal the goal of religion.</p> <p>Both talks are followed by Question &amp; Answer sessions. A bonus section presents several contemplative practices to help the seeker.</p>	1



## ONTARIO RESOURCE CENTER

	NAME	TITLE	COPIES
18	Fr. Richard Rohr And friends 1/2011	<p><b><u>What do you mean...”Falling Upward”?</u></b></p> <p>In the first half of life, we are rightly preoccupied with establishing our identity. But this concern will not serve us as we grow older. We begin to embark on a further journey that actually shocks us out of our prior comfort zone. Eventually we need to see ourselves in a different and more life-giving way.</p> <p>This message of “falling down” – that is in fact moving upward – is the most resisted and counterintuitive of messages in the world’s religions, including and most especially Christianity.</p> <p>In this talk Fr. Richard faces the questions of what matters and what doesn’t matter at all.</p> <p>He is joined by Suzanne Stabile &amp; Sheryl Fullerton in a dynamic Question &amp; Response session.</p> <p>(approx. 80 min.)</p>	1
19	Sr. Marie Tasto 11/2009	<p><b><u>Impromptu Conversation on Lectio Divina</u></b> (11:07 min.)</p> <p>Talk included with the Contemplative Outreach e-news bulletin.</p>	5