

## Reading List – Spiritual Emergence/y

*Spiritual Emergency: When Personal Transformation Becomes a Crisis* edited by Stanislav and Christina Grof (1989)

In this book, foremost psychologists, psychiatrists, and spiritual teachers address questions such as the following: What is spiritual emergency? What is the relationship between spirituality, “madness,” and healing? What forms does spiritual emergency take? How can people in spiritual emergency be assisted by family, friends, and professionals?

*The Stormy Search for Self: A Guide to Personal Growth through Transformational Crisis* by Christina and Stanislav Grof (1992)

The authors draw on years of personal and professional experience with transformative states to provide insights, assurances, and practical suggestions for those who are experiencing or have experienced such a crisis, for their families and friends, and for mental-health professionals.

*The Call of Spiritual Emergency: From Personal Crisis to Personal Transformation* by Emma Bragdon (1990/2013)

If you have felt disoriented by intense spiritual experiences this book by a pioneer in the area of spiritual emergence/y will help you understand where you are and where you may be heading.

*Breaking Open: Finding a Way through Spiritual Emergency* edited by Jules Evans and Tim Read (2020)

The first book in which people discuss their own spiritual emergencies and share what helped them through.

*Extraordinary Awakenings: When Trauma Leads to Transformation* by Steve Taylor (2021)

A compelling investigation of how intense psychological suffering can lead to a dramatic shift into a new, expansive identity

*Touched by the Light: Exploring Spiritually Transformative Experiences* by Yvonne Kason (2019)

This book is a synthesis of forty years of Dr. Kason's research on STEs and their profound after-effects on body, mind, and spirit. It is also a practical guide for STE experiencers, their family and friends.

*The Kundalini Guide: A Companion for the Inward Journey* by Bonnie Greenwell (2014)

This book, based on 25 years of interviews with over 2000 people who have had this awakening, describes seven categories of phenomena that may occur, tells the eastern perspective of kundalini science, offers guidance on coping with the erratic energies and shifts of consciousness that happen and more.

*Kundalini Rising: Exploring the Energy of Awakening* by Various Authors (2009)

From personal accounts and yogic practices, to brain research and historical perspectives, this compelling anthology weaves together both the mystical and practical perspectives on the rise of kundalini energy to help support your own spiritual discovery.

Contributors include: Lawrence Edwards, PhD; Bonnie Greenwell, PhD; Bruce Greyson, MD; Gene Keiffer; Penny Kelly; Gurmukh Kaur Khalsa; Shanti Shanti Kaur Khalsa, PhD; Sat Bir Singh Khalsa, PhD; Gurucharan Singh Khalsa, PhD; Gopi Krishna; Olga Louchakova; David Lukoff, PhD; Andrew B. Newberg, PhD; Stuart Perrin; John Selby; Stuart Sovatsky, PhD; Swami Sivananda Radha; Dorothy Walters, PhD; John White; Whitehawk; Barbara Harris Whitfield; Charles L. Whitfield, MD; and Ken Wilber