



# Adventures in Soulmaking: Stories and Principles of Spiritual Formation and Depth Psychology

*Troy Caldwell M.D.*

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Soulmaking is what happens when we live life deeply and learn by heart the lessons intended from all the conflicts and struggles we encounter. The whole world and all of life are the raw materials for soul-making. For over 30 years, psychiatrist and spiritual director, Troy Caldwell, has been a shepherd of souls in the making. He has walked with many through their crises, opportunities, loves, and deaths. The patterns arising from such dramas help us discover the deeper meaning that we all seek. Insights from depth psychology and spiritual formation enable us to better form our own souls. The practice of psychiatry offers in-depth glimpses of the human soul that few are privileged to see. This has led Dr. Caldwell on adventures that he shares with readers in this two-part book. Using both story and theory, he shows how God guides people to develop their inner lives in a manner that allows them to “glorify God and enjoy Him forever.” Many parallels in psychological theory with spirituality teachings are highlighted. In particular, Carl Jung’s theories of archetypes, individuation, and symbolism are used to illuminate and amplify traditional teaching in spiritual formation. The first part of *Adventures in Soulmaking* is subtitled *Discovering the Kingdom Within*. With storytelling and methodical instruction, a coherent model of the soul is developed and diagrammed. The spiritual journey and its stages of Purgative, Illuminative and Unitive are then linked to the model. By the end of this section, the reader has a firm foundation for understanding the practices suggested in the second part. The second part, titled *Keys to the Open Heart*, explores numerous important practices such as recollection, scripture meditation, lectio divina, and more. The book culminates in a number of mind-expanding stories of Jesus as he reveals himself in the lives of individuals and in archetypal literature. The theology of the book is orthodox with an evangelical flavor that will be appeal to both groups. Mental health professionals, spiritual directors, and pastors will also be interested audiences. Join Dr. Caldwell on this fascinating journey!

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