

Carl McColman is a writer, speaker, independent scholar and spiritual director whose work explores mystical wisdom and contemplative living and how the wisdom of ancient visionaries can bring transformation to our lives today. A true spiritual eclectic, Carl weaves together western (Christian), eastern (Buddhist) and indigenous (Celtic/pagan) streams of insight to celebrate the perennial heart of all positive paths.

Carl McColman has authored numerous books, including *Eternal Heart: the Mystical Path to a Joyful Life* (2015), *The New Big Book of Christian Mysticism* (2023), and *Read the Bible Like a Mystic* (2025), which have received endorsements from leading voices in contemplative spirituality. His work is known for being accessible and optimistic, bridging the gap between ancient mystical traditions and modern spiritual seekers. In addition to his writing, he co-hosts the Encountering Silence podcast and regularly speaks and leads retreats on topics such as contemplative prayer and Celtic spirituality. His life's work is dedicated to helping people find a more joyful and purposeful life through prayer, silence, and the wisdom of the mystics.

