



DARK NIGHT OF THE SOUL

*The dark night of the soul & the stages of transformation
from lower states of consciousness*

The dark night of the soul is a stage in personal development when a person undergoes a difficult and significant transition to a deeper perception of life and their place in it. This enhanced awareness is accompanied by a painful shedding of previous conceptual frameworks such as an identity, relationship, career, habit or belief system that previously allowed them to construct meaning in their life.

What is the purpose of the darkness we experience in our lives?

When we plant a seed, it is embedded deep into the soil where it has to find its way towards the surface and into the light. I refer to this as the incubation period.

There are many stages of growth that a human life goes through and actually the catalyst for our personal growth happens in such a unique way. We do not have to go through cycles of death and rebirth to experience a state of total transformation multiple times within a lifetime. Our consciousness can complete its cycle into total rebirth many times within an incarnation cycle.

When I talk about darkness I want to clarify that I mean a state in which a peaceful knowledge about that area of life has not yet come to pass for us. So when we are in the middle of this growth stage the world and your environment can feel very heavy. This density can be perceived as darkness, distortion or hopelessness and confusion.

What these stages are forcing you to do on a spiritual level is to become so uncomfortable that you have no other option but metamorphosis. Just like the caterpillar must push their way from the cocoon this darkness will produce self transformational effects.

With waves of any type of density or darkness you can be assured that it is part of a grand cycle and once you pass through each of these so-called tests of the will you will gain a new configuration of knowledge. You will literally ascend into a new platform of consciousness once graduated and experience life in an entirely new way. Consciousness transformed.



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When you are in the catalyst stage of the darkness, you will often feel the following and this is very normal and to be expected. It is part of the uncomfortability that produces the actual growth.

- A heavy feeling that you cannot seem to shake
- Feeling of hopelessness
- A feeling of unknowing or not having the skills to take the next step
- Confusion
- Depression and detachment
- Feeling of tiredness
- Restlessness and often irritability
- Anxiety or a feeling of needing to escape or be set free
- Racing thoughts or mind running in loops
- General unhappiness
- Feeling that you need to make a change

These are a few of the areas of growth and darkness that you may experience in any given lifetime. You may not experience them all and they certainly manifest in different orders for each person individually.





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Basic Life Skills & The Transformation From Childhood To Adulthood

One of the first transformations that will often occur in any human life is the letting go of having an immediate family unit or breaking away from your immediate family. A mother and father often do so much for the child that it really can prevent them from coming into their own beingness. While it is essential to have these lessons of love, warmth and comfort, eventually all of us must leave the nest and come into our own in terms of the very basics of life's skills.

When we first break out all of the little daily chores can feel overwhelming and we can go through periods of darkness whereby we wish to return to simpler times. The complexity of the world can feel like we are not capable of coping or making it out on our own. Often young people will spend several years in this transitional phase where it takes time to learn the joy of being able to captain your own ship.

- a desire for organization
- mental and physical systems that allow the flow of life
- creating a clean environment
- creating beauty in our surroundings
- controlling basic needs, like food, shelter, friendships, boundaries, our likes & dislikes

Once we have come through the heaviness of this first stage we will find we are a new version of ourselves and we cannot return to our childlike selves.

Responsibility Complex

This next phase of our evolution takes us beyond the basics into the realm of character, integrity and a solidification of our ethics, morals and values. This can often show up in the types of interpersonal relationships that manifest in our lives, as well as what we do for money and how we show up for life in general. Some of the darkest times you can experience will be when you are trying to decide where your moral compass is calibrating.

- making sure you are proud of what you do for work
- what are you willing to sacrifice for the idea of monetary success?
- how reliable are you and can others count on you
- how good is your word and are you worthy of the trust and respect of those around you?
- are you able to balance the obligations in your life and execute the tasks

This is the stage when you really ask yourself the hard questions about WHO YOU ARE. Often you can go through a period of making several mistakes that lead you into deep internal pain and show you how you really want to show up for life. As the only person that you really have to impress is yourself. As you are the only person that knows everything authentically about you. You can not fool yourself and therefore when you go off track this can lead to a deep need for self inquiry. Often this stage is very heavy and it is the choice point that guides major transformations in your life.





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Universal Balance: The Laws of Cause & Effect

The universe is always seeking balance. For every effect there is a cause and when you start to see that the effects you cause have far reaching ramifications for yourself and others you slowly and surely will start to identify this in real time. It is true that every little decision, word, action and deed we create has a ripple effect. Often the darkness of this lesson is felt when we have created effects that cause chaos, pain and suffering for others and ourselves.

This is where we have to learn to integrate those things that dictate balance or imbalance.

- *being authentic with our words always being truthful*
- *not taking advantage of others, taking what is not ours or being manipulative*
- *not forming jealousy or a devious nature*
- *not harming or hurting others physically or mentally*
- *loving and guiding others*
- *fostering compassion and non judgement*

Any time we are taking too much, acting in greed or inflated self interest we enter a kind of universal darkness where what we are creating will be mirrored back to us. Ensuring we are truthful so that we also experience a truthful world. Ensuring that our actions are not devious and that we are always acting exactly as who we are. Hidden agendas will only result in a painful manifestation of reality. When we are in this stage of transformation we often have to shine a very difficult light deep inside of our nature and pull out any weeds we have left unattended.

Transformational Financial Thinking: Value & Contribution

Having the resources to create the life you have always dreamed about is essential to feeling full and to manifesting what you heart desires. But most of us are not born into wealth instantly. I also find that the universe does not just give us everything all at once. You do have to prove yourself worthy of the responsibility of creating a beautiful reality or else it will hold no value. Anything that is easily obtained is also easily cast aside. So the lesson is you really have to prove that you want it and that you will tend to it once it is yours. This takes effort, diligence and an attitude of gratitude for the journey. When you have little you really have to learn what is important to you and creates the most value. The more you contribute to life the more you will be given. It is a truly simple algorithm.

- *ensure you are creating your career on what you love to do*
- *enlist your true gifts*
- *enjoy what you are creating*
- *ask the question: who am I helping what am I transforming in this world*
- *start to look at money as a collection of resources that will help you spread your light*
- *do not get stuck on things and amounts: focus more on joy and the extension of all that is good*

The dark night of the soul when it is concerned with greed can be a hard pill to swallow. All the things that glitter are not gold and it takes a long time to see this. Investment should be well rounded and be equal in all areas (friendships, family, career, learning, quiet time, hobbies and spiritual practices).





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Understanding The Human Body As A Consciousness Tool

As we grow up we realize all too soon that bodies are a tool of impermanence. They are here today and gone tomorrow. This is a realization that is at first quite traumatic when we are living in a body that will one day turn to dust. This can also mean that while along the journey we also experience a breakdown of the body's systems. This can manifest as illness, chronic disease, aches and pains, loss of energy, diminishing strength.

And disruption of the body's natural systems will create in us a quest for a deeper understanding of what makes us run and the core principles of life. And while any illness is an obstacle to overcome it is often a deep catalyst for change. The darkness will give way to a search for a type of new understanding.

- *learning what types of foods your body requires and which augment your energy*
- *turning away from alcohol and drug use*
- *the beauty and necessity for movement*
- *ensuring a stable and caring environment*
- *a life filled with the exchange of love and interconnection*
- *feeling valued and full of purpose*
- *taking time for mental health and inner balancing*

Any time that your body is out of alignment it wants you to pay attention and seek to correct the habits and circumstances which are causing an imbalance in the entire system. Do not see illness as a dark tunnel with no end, but rather a turning point onto a new path.

Interconnection & Family: The Lessons Our Relationships Provide

Throughout life there are many times where family comes together and then will pull apart. This is often part of the plan for each soul's growth. That safe harbour of interconnection is necessary for us to have peace of mind and a steady heart.

When we feel isolated and alone the world can seem extremely dark and unkind. This is the cold white winter when we must turn to look inside and fix whatever parts of ourselves need healing. Our relationships are always a reflection of our internal world. So if you feel others pulling away it is time to look deep within our own nature and see what corrections we can make.

- *are we too negative? And have a dialogue that is not bright and cheery?*
- *are we self destructive and have patterns of poor behaviour?*
- *do we judge others and always look for the dramatic or negative?*
- *are we too self serving, selfish or boastful?*
- *do we make others feel uncomfortable with confrontational behaviour?*
- *are we lazy and entitled? do we expect too much?*
- *are the interactions always one-sided? do we make it all about us?*
- *are we jealous or dominating?*
- *are we mean and use others as the but of our jokes?*

These are just some habits that are important to take stock of. Of course there are many more and isolation requires that one look inside. People will be magnetized to anything that lifts them up and makes them feel good. So ask the question: do you make others feel good?





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Self Worth: The Personal Balance

Understanding the value of your own self worth can sometimes be a lifelong pursuit with times of ease and others periods whereby you feel without value. Over time and through the years you will come to know yourself and what makes you tick. Things like how much time you can spend with others. Are you an introvert or an extrovert? Are you a person that needs to study deeply and learn new things or do you prefer a more basic and simple approach to life? Different people require different stimuli and there is no one true path to happiness - all I can stay is you need to follow the guidance of your heart. If your heart is happy you are on the right path. When you are in the beauty of your home frequency it will never feel like work and it always flows effortlessly.

- *make sure you learn to have a voice and ask for what you need*
- *mental health is important - guard your sanity*
- *remove toxic people from your life*
- *learn to say **no***
- *learn to take time for the things you love*
- *learn to love yourself: when you love yourself it's easy to love others*

We doubt ourselves and do not see our own worth. The world can feel like a cold place. You have to cultivate self love. They may mean adjusting the things you are doing so you can truly be proud of who you are.

Mirror Work: The Gifts & Contrast of Romantic Relationships

Relationships, especially romantic ones can lead you into darkness. When we share ourselves completely we open up in a way that is very unique but it can also lead to pain. Often romantic relationships will cause the most growth within a person as they are so personal. If you are feeling heaviness in a relationship it is a mirror of where you are wanting to go and how you are wishing to change. Transformation is often created by the beginnings and endings of romances.

- *what are your triggers and how can you heal them*
- *what is your partner showing you about yourself*
- *how can you honor the exchange in energies for its highest purpose*
- *learn to walk away when the love is gone*
- *allowing space for the other to grow*
- *opening your heart to move away from jealousy and control*
- *learning to trust and be trustworthy*

If you are in the darkness of a relationship in transition remember that it is truly a gift that is meant to transform you. Be diligent about your own growth and be patient, becoming everything you have ever dreamed of is a process.





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The Purpose of Life: Seeking Your Truest Nature

Not understanding your purpose or the purpose of life can lead to a disconnected and cold feeling about existence. This feeling usually appears when you go astray from your life's purpose. This sadness is the universe's way of calling you back to the path of inquiry and seeking. If you feel lost, that is very normal. This is where I also say let go and allow life to lead you. Do always what you know to be the highest good on any given day. Then again cultivate the things you are good at. Life's plan for you will keep bumping into you until you listen and follow.

- *keep doing the things you are naturally good at even if they don't bring you money right away*
- *share your gifts and don't expect money from them*
- *get used to the joy of just doing with no reward (like in childhood)*
- *don't stress over it. It all comes in time*
- *remember some lives are far reaching and complex and some are simple and beautiful*
- *don't compare yourself to others and do not try to be them*

When we are unsure of our path and the direction we are meant to go, we can experience a heaviness and deep confusion. This can lead to inactivity or over activity that yields unpleasant results. The universe is teaching us to let go and trust the process. Life while it is hard, it really is our own minds and projections that create the friction. This friction is part of the process. These contrasting feelings are part of our evolutionary choosing process. In the lower realms of consciousness life simply unfolds with no choice. At the level of human consciousness we now have the power to direct our thoughts and see and experience the outcomes of our own free will. Darkness will only manifest within our experience if discovery is crucial to some part of the learning process. It is through the uncomfortable nature of the lower vibrations and thought forms that we can accurately choose.



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The Human Family: Total Planetary Consciousness

Once you have worked out many of the lower states of balancing you will come to see that everything is connected. You will start to understand that we are one large human consciousness. That is, the human family must learn to work together and protect the other forms of life here on earth. This may bring darkness into your heart when you do not see others viewing the world in this way. It can often lead to a sense of hopelessness in humanity.

This is when you need to get to work and do your part. Nothing was ever affected by being sad about it. If there is an intensity of love in your heart for our home and our friends here, then we must do all we can to reunite the peoples of our world. We must become a beacon of hope with all we do and create.

One step beyond that we must protect all life and love it just as we love our own families. When we see life this way we cross over into a threshold of universal love. This is a state more powerful and with more potential than any atomic explosion. This is the point when we form unity consciousness with all that is. Where we can start to experience an existence and emotional state so deep and wide that it truly encompasses all that is .

- have passion for all life and cultivate a burning desire to fight for it
- allow your heart to open to all people and see no division
- have compassion for all living things
- see the emotion and humanity in all races and in all life
- feel a need to protect the planet - any disregard for mother earth is a disregard for your own life
- it is ok to feel for injustice: this is the catalyst that precipitates change

Once our own nature has expanded to the point when the pain and suffering of others affects us deeply we begin to hear the call to serve and protect. Through the energy of love we can experience a certain kind of pain that is attached to love in the way that this love energy wishes to return all to a peaceful equilibrium. The common goal becomes a quest to bring joy to all.



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Understanding The Eternal

Just as we start out at birth we need to at some point come to terms with our own mortality of this lifetime. This can be a painful and dark realization. It can be painful when we lose loved ones or watch them coming to the end of their lives. It will create a type of questioning within us that will cause us to approach the question of our eternal nature.

Once we begin to understand the beauty of life, its cycles and many phases. The transformation and realization it offers to each one of the souls that incarnate here we start to deeply understand the majesty and the beauty of the entire system.

This is the point where fear will transform from a dark cave into a valley filled with beautiful light. When we realize that this life is only a moment along the journey. That we are all here supporting the growth of one another. That the ultimate goal is to find the balance of unity and that love that creates that union that we call life. Some of the realization that you will have at this stage of transformation are as follows:

- *letting go of your body; it is merely as a vehicle that gets you from point A to point B*
- *initially a small fixation on the nature of the transition of life into the afterlife.*
- *a quest to understand things unseen*
- *complete unity consciousness and a deep understanding of the cycles and the evolutionary process*
- *a peaceful detachment in terms of flowing with the process of life on earth*

Life is good, in fact it's essential to us crossing the threshold of our own destiny. A destiny that has been in its cycles for billions of years. For which it is are a tiny and just most beautiful spec. A golden thread of the tapestry of creation.

