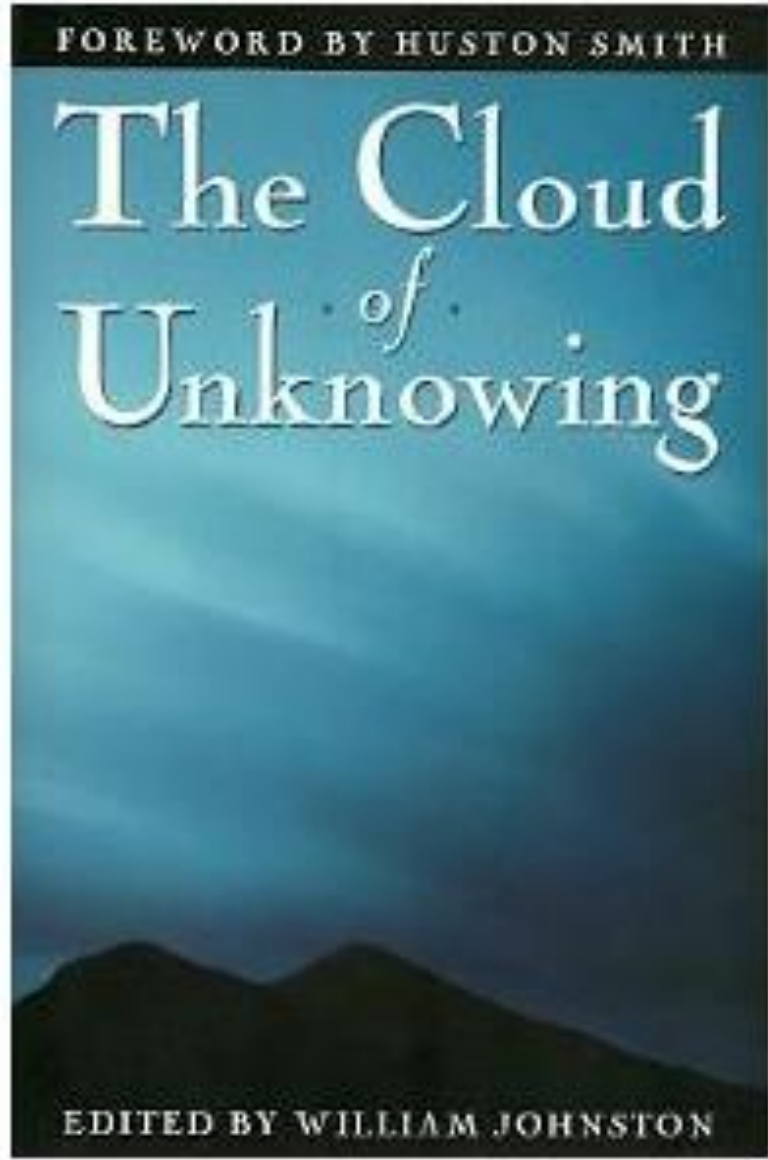
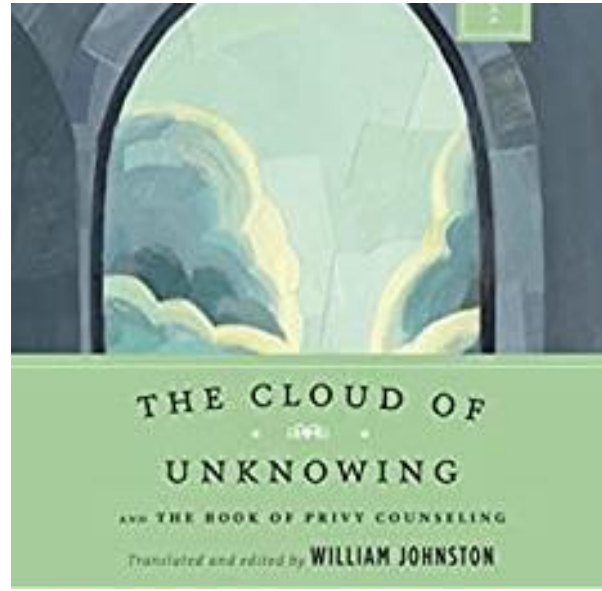
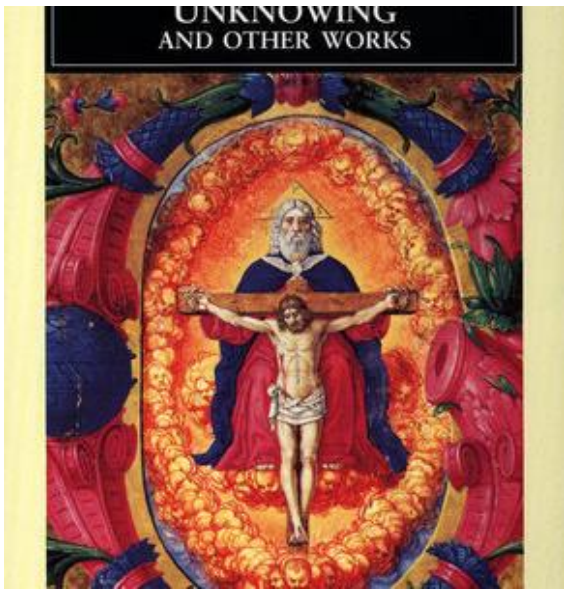


Homework

- Read Maurice Nicoll's *Commentaries*, "Negative Emotions," February 24, 1953, Vol. pp. 1674-1676. Notice the connection between negative emotions and unloading.
-
- Self-observe and be able to articulate with no story or extended details an experience of unloading.
-
- If experiencing a Dark Night, take time to journal about it. What are its characteristics? How are each of the centers are involved? Study the experience inwardly. What do you discover? What questions arise? What insights?
-
- Watch Fr. Thomas' [snapshot video](#) on unloading. It is only one minute in duration. Or, his video on [The Night of the Spirit](#), which is 26 minutes in duration. Or, [The Night of Sense](#) which is 19 minutes in duration.







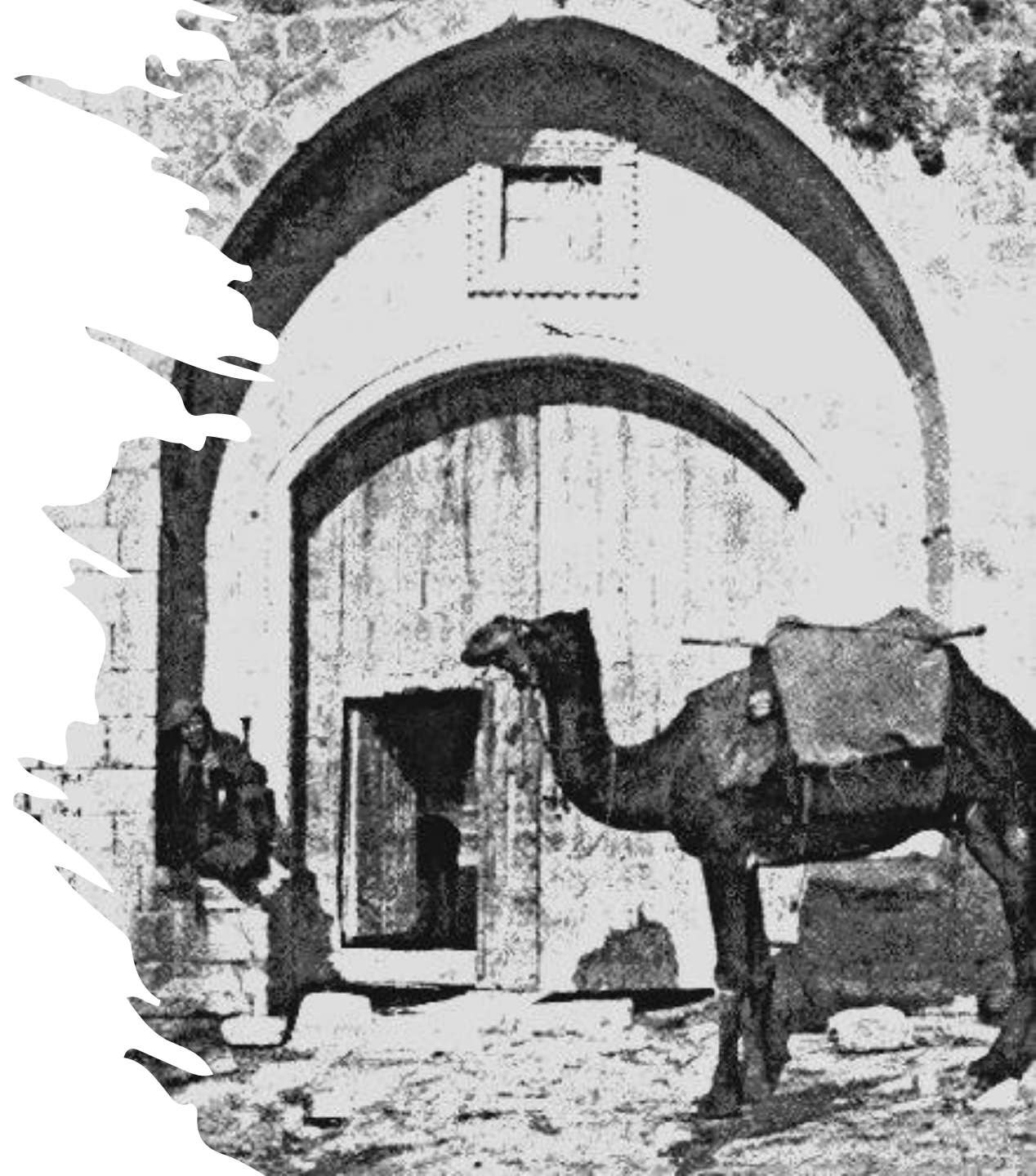
Unloading and the Dark Night

Part 2

'...it is easier for a camel to go through the eye of the needle than for someone who is rich to enter the kingdom of God.'

Matthew 19:24

- The Eye of the Needle gate into Jerusalem – this was used when the large gate was closed.
- For a camel to enter, it must be completely unburdened, and in fact on its knees.
- We must go through our Nights, and like a rich man, must lose our attachment to all things of this world.
- Matthew 7:14 further explains, *But small is the gate and narrow the road that leads to life, and only a few find it.*
- The small gate and the narrow road mean the soul must unburden itself, like the camel.





The Hand of God

Guides us

Brings us consolations and desolations

Reminds us that, “For the wisdom of this world is foolishness with God.” (I Corinthians 3:19)

“The original sin is to limit the IS. Don’t”

Bishop Fenelon

“It is necessary for you to feel your state of great unhappiness and emotional distress. The humiliation that follows is more useful to you than the most comforting spiritual fervor if you bear it patiently without being discouraged.”

Bishop Fenelon



Julian of Norwich



I looked at the hazelnut with the eye of my understanding and thought, "it is all that is made."

Here we seek rest in this little thing, in which there is no rest.

If we gave ourselves to anything but God, it would be as if we gave ourselves to a hazelnut. (paraphrased)



The Lord's Prayer

Does it take us To and Through the Dark Night?

- Hallowed be Thy name
- Thy Will be done
- Give us our daily bread
- Forgive us our debts
- Lead us not to temptation
- Deliver us from evil

Homework

- What comes to meet you? Observe your attitudes and impressions of the Dark Nights.

- As Cynthia Bourgeault noted: "No more wallowing or clinging; it's transforming all the way" (*Eye of The Heart*, p. 111).
Examen: Where am I wallowing or clinging?
- If you've not already done so, watch Fr. Thomas' [snapshot video](#) on [unloading](#). It is only one minute in duration. Or, [his video on The Night of the Spirit](#), which is 26 minutes in duration. Or, [The Night of Sense](#) which is 19 minutes in duration.