



A look back...

INTERNAL ARCHITECTURE

self

Everything you
think is you

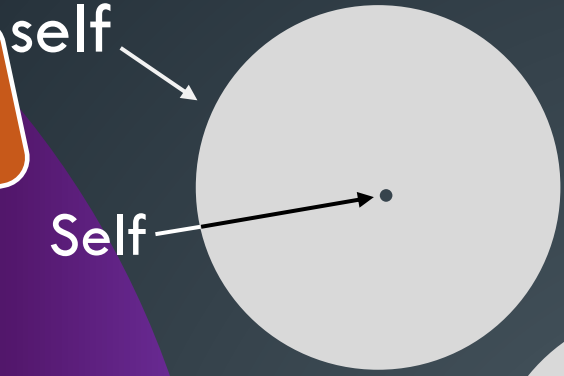
Self

The Self

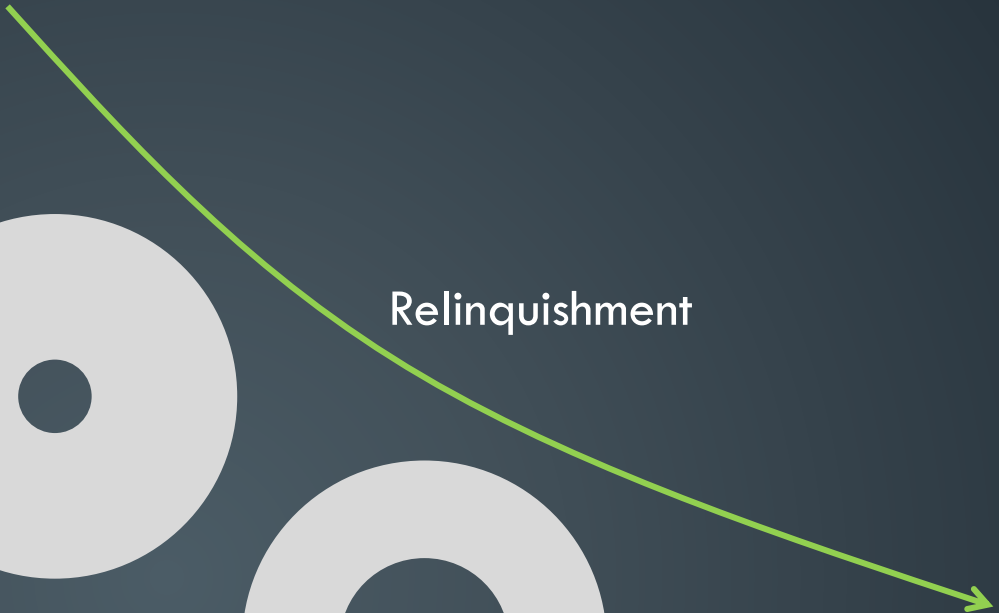
- Divine Indwelling
- Basic core of goodness “that’s capable of unlimited development”



A look back...



Relinquishment



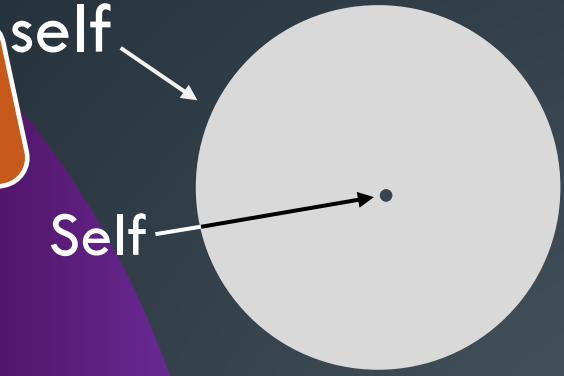
INTERNAL ARCHITECTURE

The Self develops at the 'expense' of the self

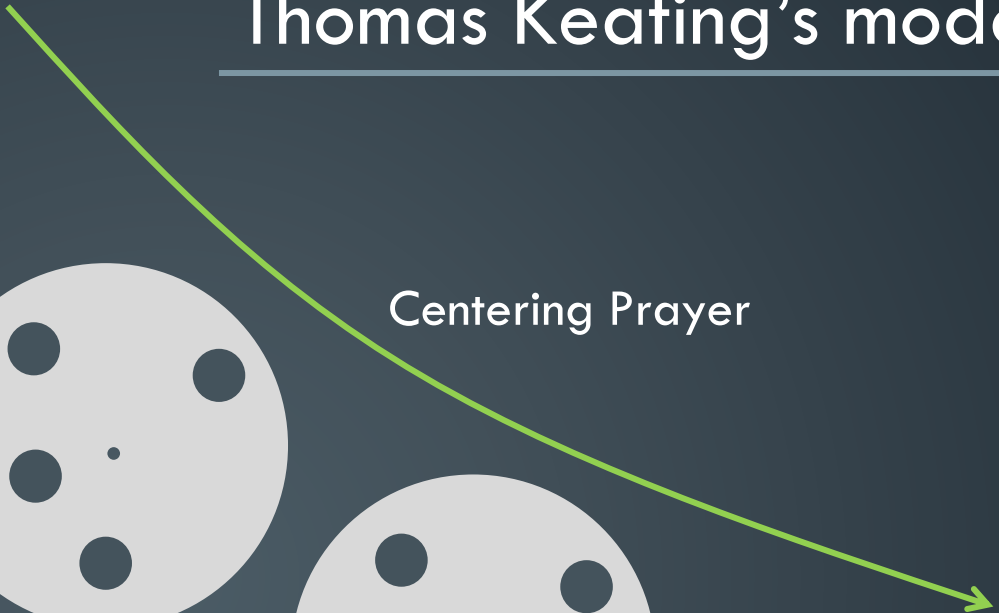


Thomas Keating's model

A look back...



Centering Prayer



INTERNAL ARCHITECTURE

The Self develops at the 'expense' of the self



BEHOLDING IN THE LUMINOUS DARKNESS

AN EXPLORATION *of* IDEAS

And Moses drew near unto the thick darkness where God was...

DARKNESS

DARKNESS

*Lead us up beyond knowing and light,
up to the farthest, highest peak
of mystic scripture
where the mysteries of God's word
lie simple, absolute, unchangeable
in the brilliant darkness of hidden silence.*

Pseudo-Dionysius



DARKNESS

The Dark Night of the Soul

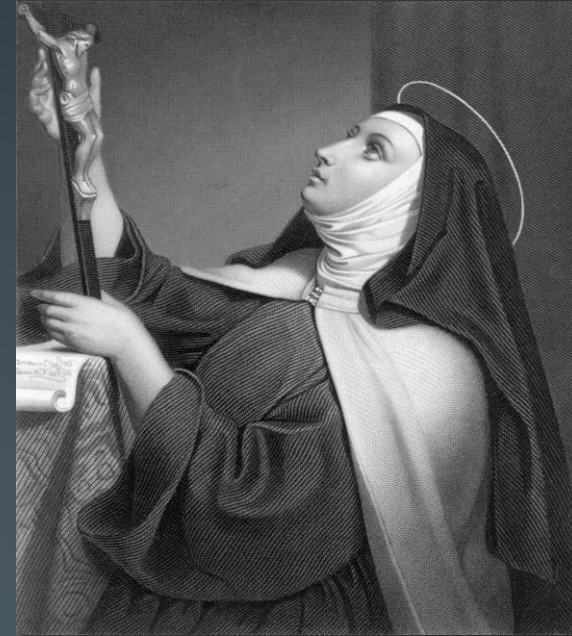
La noche *oscura* del alma...



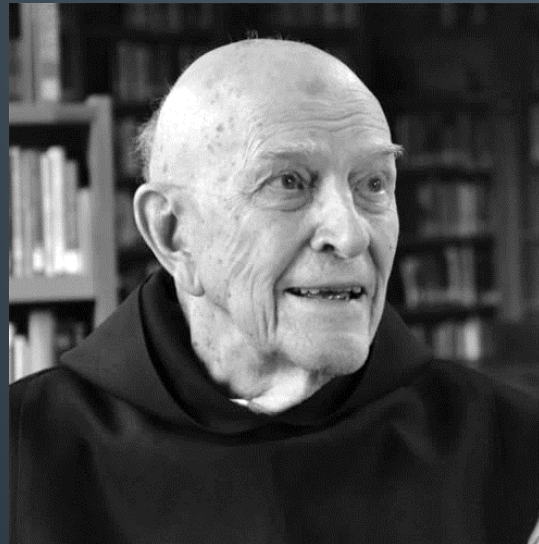
OUR COMPANIONS TONIGHT



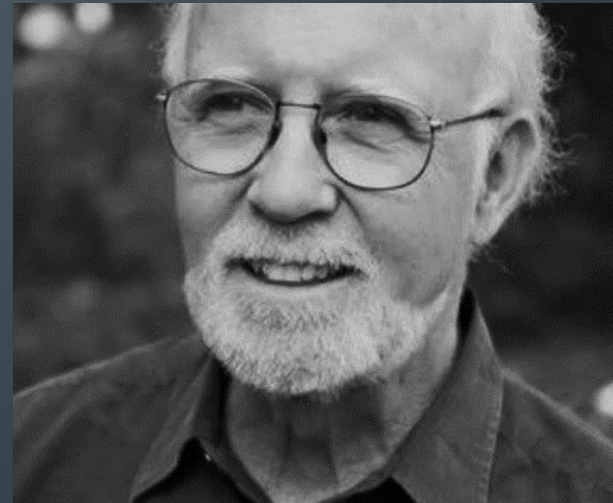
St. John of the Cross



St. Teresa of Ávila



Fr. Thomas Keating



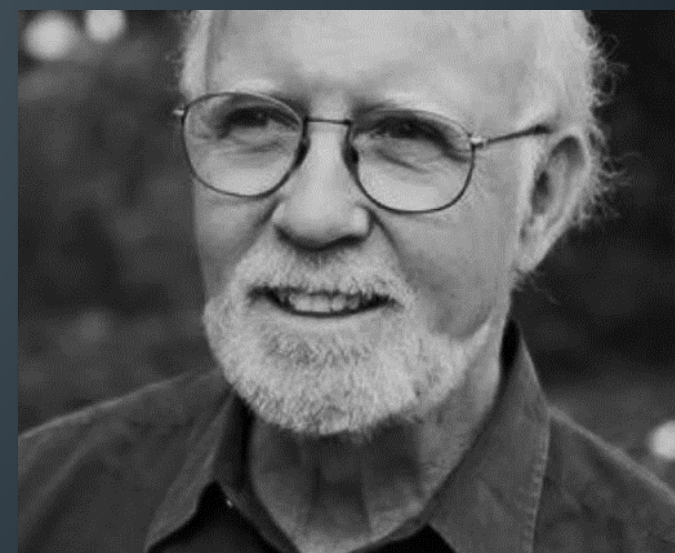
Gerald G. May, M.D.



*A Psychiatrist Explores the
Connection Between Darkness
and Spiritual Growth*

THE
DARK NIGHT
OF THE SOUL

GERALD G. MAY, M.D.
AUTHOR OF ADDICTION AND GRACE



OUR
COMPANIONS
TONIGHT

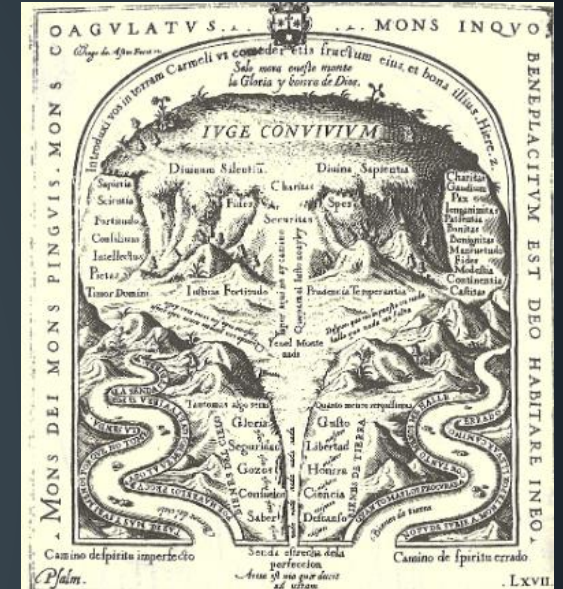
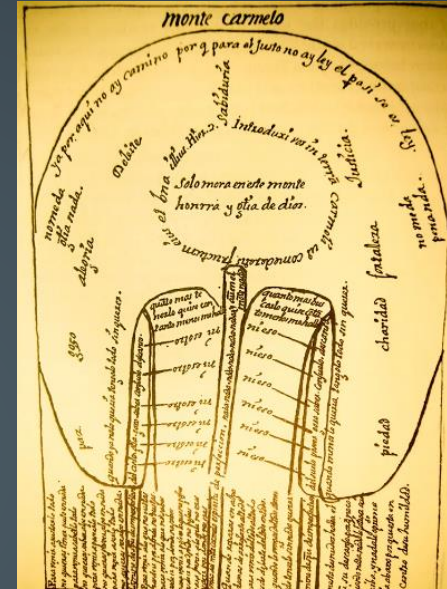


La Noche Oscura

Journey of the soul to its union with God



- The Dark Night
- Ascent of Mt. Carmel
- Spiritual Canticle
- Living Flame of Love



- The Interior Castle
- The Way of Perfection

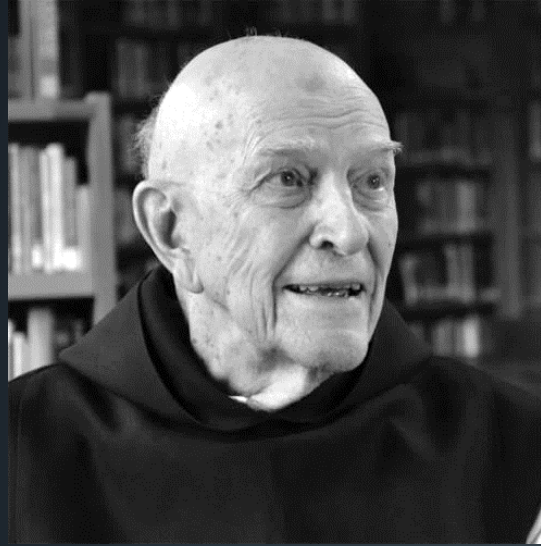


Stages of relinquishment

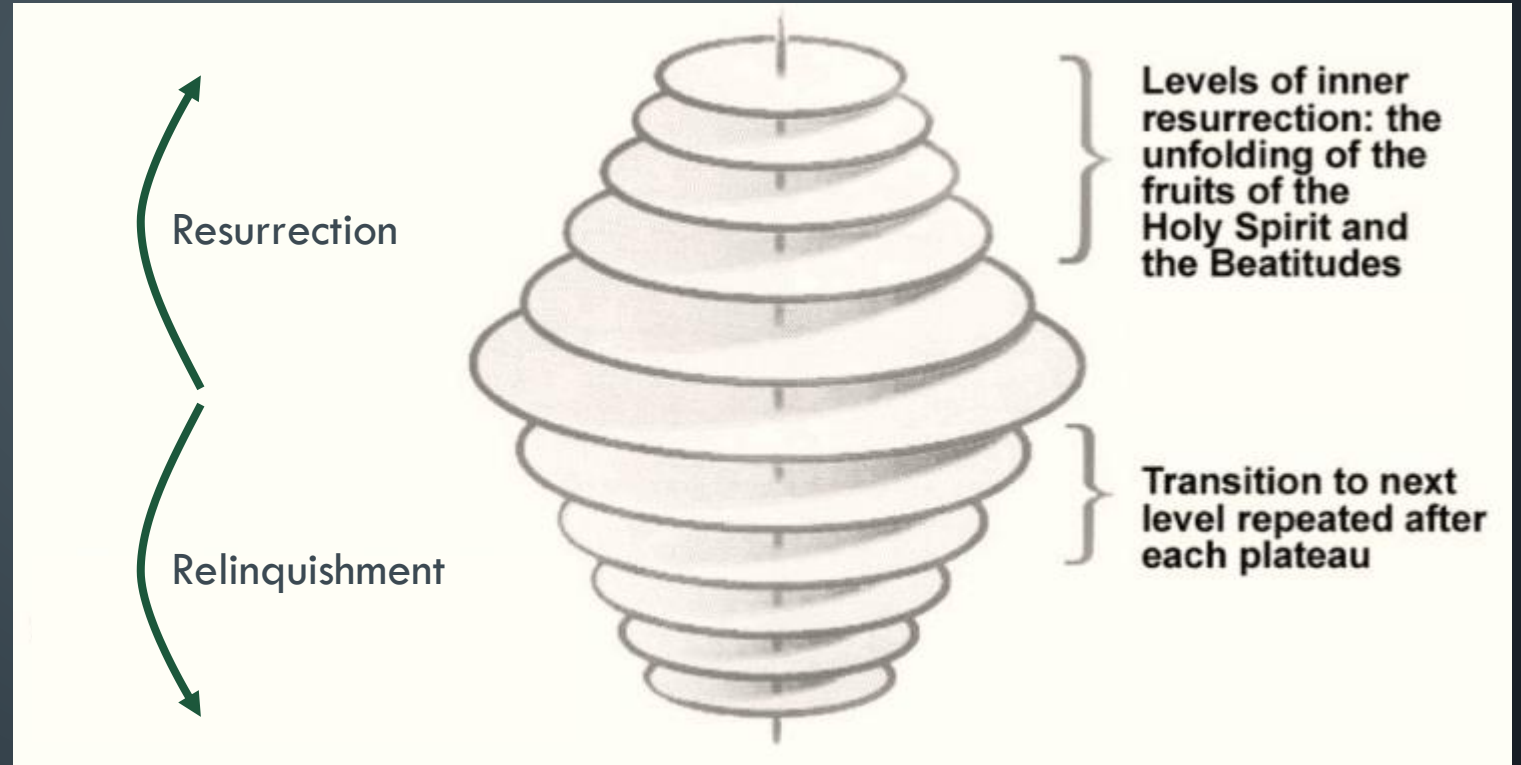
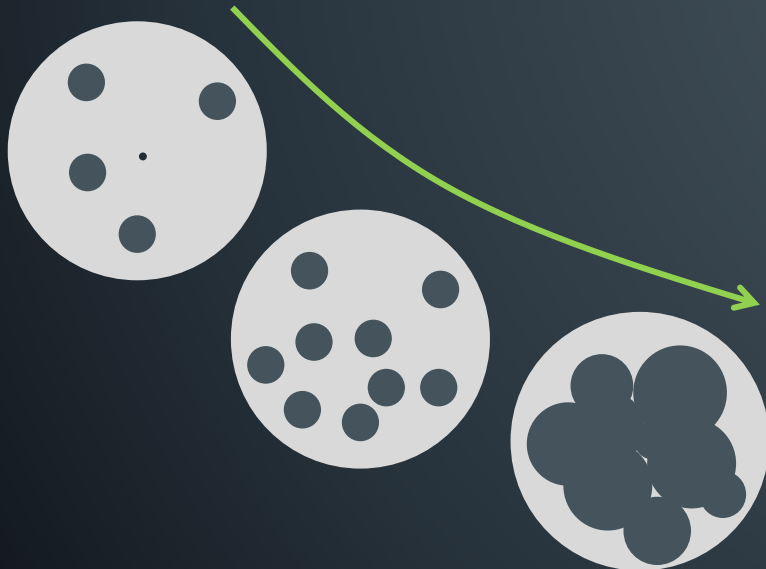


La Noche Oscura

Journey of the soul to its union with God



- The Archaeological Dig and the Spiral Staircase
- An ongoing cyclic (vs. linear) model of transformation

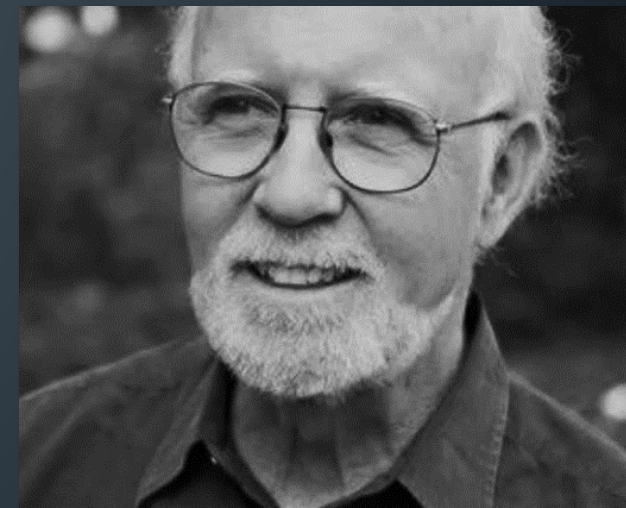




OSCURA – HIDDENNESS

“One simply does not comprehend clearly what is happening. If we really knew what we were called to relinquish on this journey, our defenses would never allow us to take the first step. ...

To guide us toward the love that we most desire, we must be *taken* where we could not and would not go on our own.”



BUT WHY DARK?



THE NIGHTS

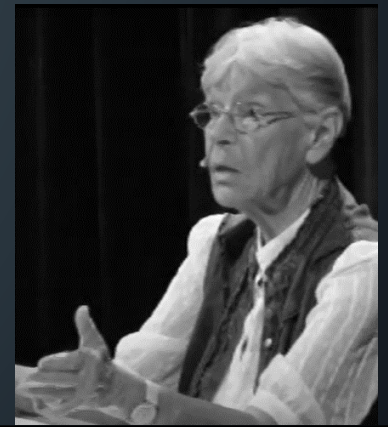
Night of SENSE

Transforms* our relationship with the world	
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* The classical terms are 'purification' and 'purgation'

Active: What we do (Rule of Life)
Passive: What we undergo

"Reformation is our business.
Transformation is God's business."





The Nights and psychological illness

“There is never an authentic spiritual reason to let any illness go untreated.”

- G. May

SIDEBAR

Authentic Spiritual State

Dark night of the soul

Detachment

Humility

Piety

Nonattachment, acceptance

Religious ecstasy

...

Pathological State

Pathologic depression

Withdrawal, indifference

Low self-esteem

Scrupulosity

Passivity

Mania

...

(from David Hawkins, *Transcending the Levels of Consciousness – Supplemental Material*)



THE NIGHTS

Night of
SENSE

Night of
SPIRIT

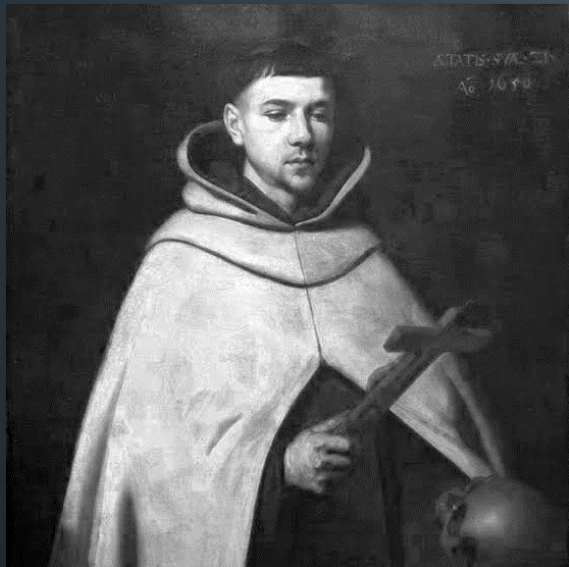
Transforms*
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Transforms*
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* The classical terms are 'purification' and 'purgation'

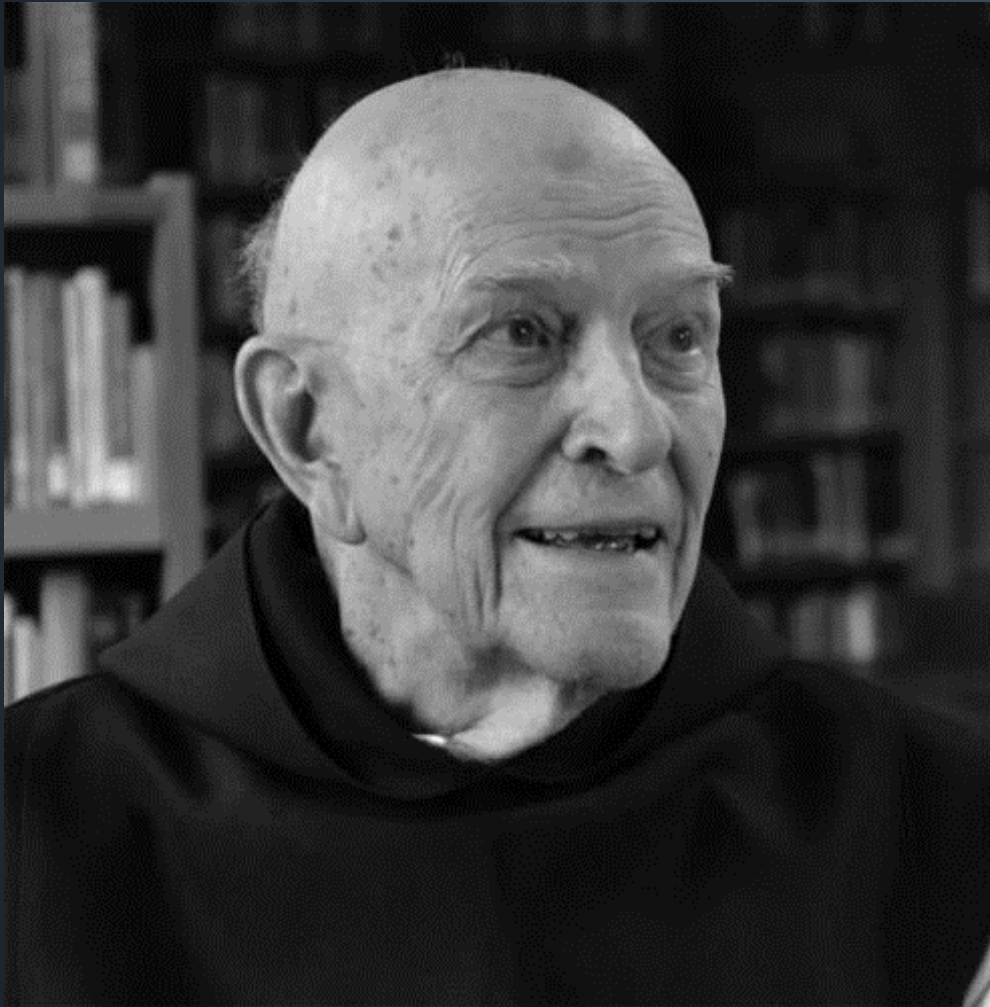
Active: What we do (Rule of Life)

Passive: What we undergo



St. Teresa and St. John both say that we become so attached to feelings *of* and *about* God that we equate them *with* God. They are only messengers. We wind up worshiping our own feelings. This is perhaps the most common idolatry of the spiritual life.

- Gerald May



“The greatest experience of God
is no experience.”

- Thomas Keating



KEEP GOING!

People give up when things are going 'badly'

Everything is being rewired

This is evolution at work – the attraction of the future drawing us forward – not an anthropomorphic God 'doing' this to us.



TOWARD GOD

The dark night of the soul is a deep transformation, a movement toward indescribable freedom and joy. The dark night is a profoundly good thing. It is an ongoing spiritual process in which we are liberated from attachments and compulsions and empowered to live and love more freely.

Sometimes this letting go of old ways is painful, occasionally even devastating. But this is not why the night is called “dark.” The darkness implies that the liberation takes place in hidden ways, beneath our knowledge and understanding. It happens mysteriously, in secret, and beyond our conscious control.

- Gerald May



The deepest relationship between God and person is hidden from our conscious awareness. ...

John of the Cross says the dark night is profoundly sacred and precious, beyond all imagining. ... It is the secret way in which God not only liberates us from our attachments and idolatries, but also brings us to the realization of our true nature.

- G. May



From self to Self
(or no-self)



TOWARD GOD



BEHOLDING IN THE LUMINOUS DARKNESS

AN EXPLORATION *of* IDEAS

Where are we left?

Relating to God *as God is* in pure faith – and not knowing what that really is.