

dark night of the soul poem

Dark Night of the Soul Poem: Exploring the Depths of Spiritual Desolation and Renewal

dark night of the soul poem is a phrase that immediately evokes a sense of profound inner struggle and transformation. Rooted in mystical traditions and poetic expression, it captures moments when the soul feels engulfed in darkness, confusion, and despair, yet also hints at the possibility of awakening and enlightenment beyond that darkness. In this article, we will delve into the origins, meanings, and contemporary relevance of the dark night of the soul poem, exploring why it continues to resonate deeply with those navigating their own journeys of spiritual crisis and growth.

The Origins of the Dark Night of the Soul Poem

The phrase "dark night of the soul" originally comes from a 16th-century poem by the Spanish mystic and poet St. John of the Cross. His poem, **La noche oscura del alma**, describes the soul's painful journey through spiritual desolation toward union with the divine. This work is not just a literary piece; it is a deeply spiritual roadmap that many seekers have turned to for guidance during times of intense personal struggle.

St. John of the Cross and the Mystical Tradition

St. John of the Cross was a Carmelite friar whose poetry and theology profoundly influenced Christian mysticism. His dark night poem metaphorically depicts the soul's withdrawal from worldly attachments and ego-driven desires, which often feels like a painful, lonely night. Yet, this "night" is essential for purification, leading to a renewed spiritual dawn.

The poem itself is rich with imagery of darkness, silence, and longing, expressing the paradox that this suffering is necessary for spiritual illumination. The "dark night" is not merely about despair but about transformation through the letting go of everything that obscures the soul's clarity.

Understanding the Dark Night of the Soul Poem Today

While originally rooted in Christian mysticism, the concept of the dark night of the soul has transcended religious boundaries. Today, it often symbolizes any period of deep existential crisis or emotional turmoil that challenges one's identity, beliefs, or sense of purpose.

Spiritual Desolation and Emotional Turmoil

Many people encounter their own dark night in moments of grief, loss, depression, or spiritual doubt. The dark night of the soul poem resonates because it validates these experiences instead of dismissing them as mere suffering. It acknowledges that such struggles are part of a necessary

process of growth and self-discovery.

This process is often marked by feelings of isolation, confusion, and vulnerability. However, it also encourages perseverance, suggesting that beyond the darkness lies a profound sense of renewal and inner peace.

Modern Interpretations and Psychological Insights

Psychologists and spiritual teachers alike have found value in the metaphor of the dark night. It aligns with concepts such as the "shadow self" in Jungian psychology, where facing one's deepest fears and unconscious aspects leads to greater wholeness.

For those navigating the dark night, poetry and writing—especially the dark night of the soul poem—can be therapeutic tools. Expressing emotions through words helps individuals process their pain and find meaning in their experiences.

Key Themes in the Dark Night of the Soul Poem

Exploring the dark night of the soul poem reveals several recurring themes that help explain why it continues to inspire and comfort readers.

- **Isolation and Loneliness:** The poem often emphasizes the solitude felt during spiritual crises, highlighting a sense of being cut off from familiar sources of comfort.
- **Purification and Letting Go:** The soul must shed attachments, illusions, and ego to move toward true enlightenment.
- **Hope and Renewal:** Despite the darkness, the poem carries a hopeful message about eventual transformation and union with the divine or one's higher self.
- **Silence and Stillness:** The night is not only dark but quiet, symbolizing the inner stillness necessary for reflection and growth.
- **Longing and Desire:** A deep yearning for truth, love, and spiritual fulfillment permeates the poem.

Imagery and Symbolism

St. John of the Cross's poem uses rich natural imagery such as night, stars, and the journey through unfamiliar landscapes to illustrate the soul's passage. These symbols help readers visualize the abstract spiritual experiences in tangible terms, making the poem a powerful meditative text.

How to Engage with the Dark Night of the Soul Poem

If you find yourself drawn to the dark night of the soul poem, either through personal crisis or spiritual curiosity, there are several ways to deepen your engagement with its message.

Reading and Reflecting on the Original Text

Although the poem is centuries old, reading it slowly and meditatively can unlock new layers of understanding. Many translations and commentaries are available that provide context and explanation, making the poem accessible even to those unfamiliar with Christian mysticism.

Journaling Your Own Dark Night Experience

Writing your thoughts and feelings inspired by the poem can be a powerful practice. Consider journaling prompts like:

- What aspects of your life feel like a "dark night" right now?
- How might this period serve as a time of purification or growth?
- What hopes or desires emerge from your struggle?

This practice connects you to the poem's universal themes and helps you find personal meaning.

Using Poetry as a Spiritual Tool

Beyond St. John of the Cross's work, many contemporary poets have written about the dark night experience, offering diverse perspectives and voices. Exploring modern dark night of the soul poems can provide additional comfort and insight, demonstrating that this journey is shared across cultures and eras.

Why the Dark Night of the Soul Poem Still Matters

In today's fast-paced world, moments of profound inner darkness are often ignored or feared. The dark night of the soul poem reminds us that these moments are not only natural but essential for true transformation. It encourages embracing vulnerability and uncertainty as gateways to deeper wisdom and connection.

Moreover, the poem's timeless beauty and emotional depth offer solace to anyone feeling lost or

overwhelmed. It provides a language and framework to understand spiritual desolation without shame or despair.

Inspiring Personal and Collective Growth

Many spiritual seekers, therapists, and counselors recommend revisiting the dark night of the soul poem during difficult times. It can serve as a guide, a companion, and a source of hope, helping individuals emerge from their struggles with renewed strength and clarity.

Whether you approach it as a religious text, poetic masterpiece, or psychological metaphor, the dark night of the soul poem remains a profound reminder that darkness can lead to light, and that the soul's deepest trials often precede its greatest awakenings.

Frequently Asked Questions

What is the meaning of the poem 'Dark Night of the Soul'?

The poem 'Dark Night of the Soul' by St. John of the Cross describes a spiritual journey through a period of profound inner darkness and struggle, ultimately leading to spiritual purification and union with God.

Who wrote the 'Dark Night of the Soul' poem?

The poem 'Dark Night of the Soul' was written by St. John of the Cross, a 16th-century Spanish mystic and poet.

What themes are explored in the 'Dark Night of the Soul' poem?

The poem explores themes of spiritual suffering, purification, transformation, divine love, and the soul's journey toward union with God.

How is the 'Dark Night of the Soul' poem relevant today?

The poem remains relevant today as it speaks to universal experiences of hardship, existential crisis, and the search for deeper meaning and spiritual growth amid life's challenges.

What literary style is used in 'Dark Night of the Soul'?

The poem employs mystical and symbolic language, characterized by vivid imagery, metaphor, and a contemplative tone to convey the ineffable spiritual journey.

Can 'Dark Night of the Soul' be interpreted beyond religious

contexts?

Yes, while rooted in Christian mysticism, the poem can also be interpreted metaphorically to represent any intense period of personal transformation, emotional struggle, or existential questioning.

Additional Resources

Dark Night of the Soul Poem: Exploring the Depths of Spiritual Desolation and Transformation

dark night of the soul poem is a phrase that resonates deeply within literary and spiritual circles, evoking images of profound inner turmoil and eventual enlightenment. Originating from the mystic writings of St. John of the Cross, a 16th-century Spanish Carmelite friar, the “Dark Night of the Soul” has transcended its religious roots to become a metaphor for existential crisis and transformation in both poetry and psychology. This article delves into the complexities of the dark night of the soul poem, examining its historical context, thematic significance, and enduring influence on contemporary literature and spiritual discourse.

Historical Background and Origin

The original “Dark Night of the Soul” poem, written by St. John of the Cross around 1578, is a cornerstone of Christian mysticism. It captures the soul’s painful journey through spiritual desolation to achieve union with the divine. The poem describes a metaphorical night — a period of darkness, loneliness, and doubt — that precedes spiritual illumination. This literary work is not merely a poem but also part of a larger treatise that explores the purification and transformation necessary for mystical union.

St. John’s poem is structured in a succinct and evocative style, using the “dark night” as a symbol for the soul’s purification from worldly attachments. The poem’s historical significance lies in its role as a guide for spiritual seekers, illustrating the stages of spiritual growth through suffering and surrender.

In-Depth Analysis of the Dark Night of the Soul Poem

At its core, the dark night of the soul poem represents a duality: despair and hope, loss and discovery, death and rebirth. The poem’s rich imagery and emotive language convey the psychological and spiritual anguish experienced during this transformative phase.

Thematic Elements

Several key themes emerge prominently in the dark night of the soul poem:

- **Spiritual Purification:** The poem portrays darkness as a necessary stage in purifying the soul,

stripping away illusions and attachments.

- **Isolation and Despair:** The soul experiences profound loneliness and confusion, symbolized by the night's oppressive darkness.
- **Hope and Divine Union:** Despite the suffering, the poem ultimately points toward a hopeful reunion with the divine source.
- **Transformation and Renewal:** The night serves as a crucible for transformation, allowing the soul to emerge renewed and enlightened.

These themes resonate beyond religious contexts, making the poem a universal exploration of human suffering and resilience.

Literary Features and Style

The poem employs succinct and metaphorical language, characterized by:

- **Symbolism:** Darkness symbolizes spiritual emptiness and the unknown, while light represents divine presence and knowledge.
- **Imagery:** Vivid descriptions of night, silence, and solitude evoke the emotional depth of the soul's journey.
- **Structure:** The poem's concise stanzas mirror the soul's focused yet tumultuous path.
- **Tone:** A contemplative and somber tone underscores the gravity of the spiritual experience without lapsing into despair.

The poem's literary craftsmanship enhances its spiritual message, making it both an artistic and mystical masterpiece.

The Dark Night of the Soul in Contemporary Context

While the dark night of the soul poem originated in a 16th-century religious context, its themes have found relevance in modern psychological and literary frameworks. Psychologists often draw parallels between this spiritual crisis and existential crises or periods of depression and transformation.

Psychological Interpretation

In psychology, the dark night of the soul is sometimes equated with a phase of intense inner conflict

and reevaluation. This period can be characterized by:

- Feelings of emptiness and confusion
- A loss of previously held beliefs or values
- An eventual emergence with greater self-awareness and purpose

Such interpretations highlight the poem's relevance beyond its religious origins, serving as a metaphor for personal growth and healing.

Influence on Modern Poetry and Literature

The dark night of the soul poem has inspired countless writers and poets who explore themes of darkness, despair, and transcendence. Contemporary poets often reference the "dark night" as a symbol for emotional or spiritual crisis, sometimes reimagining the journey in secular terms.

Examples include:

- Rainer Maria Rilke's meditations on existential solitude
- Mary Oliver's reflections on grief and renewal
- Modern spiritual poets who adapt St. John's imagery to diverse religious or secular experiences

This ongoing influence attests to the poem's universal appeal and adaptability.

Comparisons with Other Spiritual and Literary Works

The dark night of the soul poem shares thematic kinship with various mystical and literary traditions worldwide. For instance:

- **John Milton's "Paradise Lost":** Both explore themes of spiritual fall and redemption.
- **William Blake's poetry:** Blake's work often grapples with darkness and enlightenment, paralleling the poem's motifs.
- **Buddhist literature:** Concepts like "dukkha" (suffering) and the path to enlightenment echo the poem's journey through darkness to awakening.

These cross-cultural connections enrich the understanding of the poem's themes and their universal resonance.

Pros and Cons of the Dark Night Metaphor in Spiritual and Psychological Discourse

- **Pros:**

- Provides a powerful metaphor for understanding spiritual and emotional crises.
- Offers hope for transformation and renewal amid suffering.
- Bridges religious and secular perspectives on human struggle.

- **Cons:**

- May be interpreted as overly idealizing suffering, potentially minimizing the need for practical support.
- Could be misused to justify prolonged psychological distress without seeking help.
- Its religious origins may limit accessibility for non-religious individuals without appropriate contextualization.

Recognizing these nuances is important when applying the dark night of the soul poem metaphor in various contexts.

Conclusion: The Enduring Legacy of the Dark Night of the Soul Poem

The dark night of the soul poem remains a profound exploration of inner darkness and spiritual transformation, continuing to inspire readers and thinkers across disciplines. Its powerful imagery and universal themes resonate in moments of personal crisis, offering both a mirror to our struggles and a pathway toward renewal. Whether approached as a mystical text, psychological metaphor, or literary masterpiece, the poem invites a contemplative engagement with the complexities of human suffering and the promise of transcendence. This timeless work continues to illuminate the transformative potential hidden within the darkest nights of the soul.

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dark night of the soul poem: *Dark Night of the Soul* St John Of The Cross, 2019-12-31 Complete edition of the Dark Night of the Soul by Saint John of the Cross, translated by E. Allison Peers. This edition includes over 176 footnotes, creating a study edition for readers to better understand St. John's roadmap to deeper intimacy with God. Read with an open heart, this book is helpful to refine and anchor the reader through various stages of life. On a dark night, Kindled in love with yearnings--oh, happy chance!-- I went forth without being observed, My house being now at rest. No student of thought should be without this historic book. This edition is provided in a slim volume with full text at an affordable price.

dark night of the soul poem: The Dark Night of the Soul Saint John of the Cross, 1905 Introduction by Margaret Kim Peterson.

dark night of the soul poem: Dark Night of the Soul Saint John of the Cross, 2013-05 Dark Night of the Soul (Spanish: *La noche oscura del alma*) is the title of a poem written by 16th-century Spanish poet and Roman Catholic mystic Saint John of the Cross. Saint John of the Cross' poem narrates the journey of the soul from its bodily home to its union with God. The journey is called The Dark Night, because darkness represents the hardships and difficulties the soul meets in detachment from the world and reaching the light of the union with the Creator. There are several steps in this night, which are related in successive stanzas. The main idea of the poem can be seen as the painful experience that people endure as they seek to grow in spiritual maturity and union with God. The poem is divided into two books that reflect the two phases of the dark night. The first is a purification of the senses. The second and more intense of the two stages is that of the purification of the spirit, which is the less common of the two. Dark Night of the Soul further describes the ten steps on the ladder of mystical love, previously described by Saint Thomas Aquinas and in part by Aristotle. The text was written in 1578 or 1579, while John of the Cross was imprisoned by his Carmelite brothers, who opposed his reforms to the Order. The treatise, written in 1584-5, is a theological commentary on the poem, explaining its meaning by stanza.

dark night of the soul poem: The Dark Night of the Soul John of the Cross, 2023-12-23 In

The *Dark Night of the Soul*, John of the Cross explores the profound spiritual journey toward union with God, illustrating the transformative experience of the soul's passage through desolation and spiritual darkness. Written in the late 16th century, this classic work employs rich symbolism and poetic language, encapsulating the mystical tradition within Catholic spirituality. John's work, accentuated by a contemplative tone, offers insights into the stages of purification and enlightenment, rooted deeply in his own experiences amidst the tumult of the Counter-Reformation. John of the Cross was a Spanish mystic, poet, and Carmelite friar whose life was marked by a profound commitment to spirituality and reform. His dedication to the contemplative life, alongside his collaboration with St. Teresa of Avila in the Carmelite reform, provided him with firsthand insight into the complexities of faith, suffering, and divine love. Such experiences profoundly influenced the depth of his writings, inviting readers to embrace the paradox of spiritual darkness as a pathway to enlightenment. The *Dark Night of the Soul* is a must-read for anyone seeking a deeper understanding of the spiritual struggles inherent in faith. It serves as a timeless guide for those experiencing doubt or longing for divine connection, offering solace and illuminating the path towards a richer, more profound relationship with God.

dark night of the soul poem: *Dark Night of the Soul* St John Cross, Saint John of the Cross, 2007-07 St. John narrates this journey of the soul, which requires death to self and detachment from the world. In a step-by-step process, he shows how God can use this dark night to eventually bring our human spirits into great illumination, revealing: *Divine wisdom and the passion of divine love. How the soul can walk securely through the darkness and the wonderful effects that are wrought in the believer as a result of the dark night. *Includes CD of selected excerpts from book. Saint John of the Cross (1542-1591) was a poet, priest, philosopher, and mystic who helped to bring about reform within the Roman Catholic Church during the sixteenth century. A member of the Carmelite Order, he worked diligently with Saint Teresa of Avila to return their order to its proper foundation, a deep devotion to Jesus Christ. As a result of their efforts, John was imprisoned. Central to Saint John's beliefs are the death of the self-life, the mortification of the flesh, and overcoming the devil, the world, and all temptations so that the soul can be completely united to God and His love.

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dark night of the soul poem: *The Sensual Philosophy* Colleen Jaurretche, 1997 The *Sensual Philosophy* offers a richly illuminating reading of James Joyce's canon, placing his texts in the context of the medieval mystical tradition that had influenced and interested Joyce since his school days. In exploring Joyce's indebtedness to the artistic and theological culture of the Middle Ages, Colleen Jaurretche also identifies the origins of modernist aesthetics in medieval forms of representation. Jaurretche follows the imprint of the negative mystical tradition--which seeks to surmount all human categories and sensations so as to encounter the divine--from its beginnings in the writings of Dionysius the Areopagite through its culmination in the sixteenth-century writings of St. John of the Cross. Joyce sees these ideas, she notes, in the intellectual tradition of late Victorian and early Modern writers, such as William Blake, Walter Pater, Francis Thompson, Gerard Manley Hopkins, Oscar Wilde, and W. B. Yeats. She traces the development of Joyce's mystical aesthetic through a critical examination of his novels, culminating in the supreme negative mystical aestheticism of *Finnegans Wake*.

dark night of the soul poem: *Dark Night of the Soul* Saint John of the Cross, 2011-01-01 This collection chronicles the fiction and non fiction classics by the greatest writers the world has ever known. The inclusion of both popular as well as overlooked pieces is pivotal to providing a broad and representative collection of classic works.

dark night of the soul poem: *Dark Night of the Soul* , 1959-01-11 This new edition of the Image classic, with more than 100,000 copies sold, brings E. Allison Peers's magnificent translation of St. John of the Cross's masterpiece *Dark Night of the Soul* to a new generation of readers and will renew the interest of those already familiar with its soaring poetry and timeless truths. The sixteenth-century Carmelite monk St. John of the Cross stands alongside St. Teresa of Avila as the

West's best known and most beloved Christian mystic. As Peers writes in the Introduction to his definitive translation of *Dark Night of the Soul*, The most sublime of all Spanish mystics, he soars aloft on the wings of Divine love to heights known hardly to any of them... True to the character of his thought, his style is always forceful and energetic. *Dark Night of the Soul* follows the soul's journey from a state of abandonment and darkness to a loving union with God. In a voice at once grandiose and melodious, and a style that combines the systematic theology of St. Thomas Aquinas with rapturous poetry, St. John describes the process of moving away from routine religious rituals and embracing a Being who can be known only through love. His words, Peers writes, are a wonderful illustration of the theological truth that grace, far from destroying nature, ennobles and dignifies it, and of the agreement always found between the natural and the supernatural -- between the principles of sound reason and the sublime manifestations of Divine grace. One of the greatest contributions to the literature of mysticism, *Dark Night of the Soul* offers support and encouragement to all who seek oneness with God.

dark night of the soul poem: *Dark Night of the Soul* St John of Cros, 2014-10-01 *Dark Night of the Soul* is a spiritually moving book. In it, St. John of the Cross describes the soul's journey--the dark night--to the divine union of the love of God. A poet at heart, St. John describes the journey and the union with beautifully rich and deeply symbolic language. However, St. John does not simply describe the journey; at times he offers encouragement and comfort to readers as they too struggle with the excruciating dark night. Offering hope to the downtrodden and discouraged, *Dark Night of the Soul* is one of the most difficult books a person can read, but its difficulty is surpassed by its reward. One of the most profound works of Christian spirituality, this book is highly recommended for those seeking union with God.

dark night of the soul poem: *Dark Night of the Soul* , 2005-03-15 This new edition of the Image classic, with more than 100,000 copies sold, brings E. Allison Peers's magnificent translation of St. John of the Cross's masterpiece *Dark Night of the Soul* to a new generation of readers and will renew the interest of those already familiar with its soaring poetry and timeless truths. The sixteenth-century Carmelite monk St. John of the Cross stands alongside St. Teresa of Avila as the West's best known and most beloved Christian mystic. As Peers writes in the Introduction to his definitive translation of *Dark Night of the Soul*, The most sublime of all Spanish mystics, he soars aloft on the wings of Divine love to heights known hardly to any of them... True to the character of his thought, his style is always forceful and energetic. *Dark Night of the Soul* follows the soul's journey from a state of abandonment and darkness to a loving union with God. In a voice at once grandiose and melodious, and a style that combines the systematic theology of St. Thomas Aquinas with rapturous poetry, St. John describes the process of moving away from routine religious rituals and embracing a Being who can be known only through love. His words, Peers writes, are a wonderful illustration of the theological truth that grace, far from destroying nature, ennobles and dignifies it, and of the agreement always found between the natural and the supernatural -- between the principles of sound reason and the sublime manifestations of Divine grace. One of the greatest contributions to the literature of mysticism, *Dark Night of the Soul* offers support and encouragement to all who seek oneness with God.

dark night of the soul poem: *The Poems of St. John of the Cross* Saint John of the Cross, 1979 San Juan de la Cruz, the great sixteenth-century Spanish mystic, is regarded by many as Spain's finest poet. Passionate, ecstatic, and spiritual, his poems are a blend of exquisite lyricism and profound mystical thought. In *The Poems of St. John of the Cross* John Frederick Nims presents his superlative translation of the complete poems, re-creating the religious fervor of St. John's art. This dual-language edition makes available the original Spanish from the Codex of Sanlúcar de Barrameda with facing English translations. The work concludes with two essays--a critique of the poetry and a short piece on the Spanish text that appears alongside the translation--as well as brief notes on the individual poems.

dark night of the soul poem: *Dark Night of the Soul - Saint John of the Cross* (Scanned PDF) Saint John Cross, 2012-08-06 A spiritual classic, *Dark Night of the Soul* was written by a

16th-century Spanish poet and Roman Catholic mystic, Saint John of the Cross. The treatise is a theological commentary on a poem, explaining its meaning by stanza. Saint John of the Cross' poem narrates the journey of the soul from its bodily home to its union with God. The journey is called The Dark Night, because darkness represents the hardships and difficulties the soul meets in detachment from the world and reaching the light of the union with the Creator. There are several steps in this night, which are related in successive stanzas. The main idea of the poem can be seen as the painful experience that people endure as they seek to grow in spiritual maturity and union with God. The poem is divided into two books that reflect the two phases of the dark night. The first is a purification of the senses. The second and more intense of the two stages is that of the purification of the spirit, which is the less common of the two. Dark Night of the Soul further describes the ten steps on the ladder of mystical love, previously described by Saint Thomas Aquinas and in part by Aristotle. The text was written while John of the Cross was imprisoned by his Carmelite brothers, who opposed his reformations to the Order. Included is a Preface by Gabriela Cunningham Graham.

dark night of the soul poem: The Dark Night of the Soul Saint John of the Cross, St John of the Cross, 2007-04-01 While spiritual guidance may be simply a comfort to some, it is an absolute necessity to those who would undertake the monumental task of fulfilling the soul's destiny of unity with God. In coming into the presence of the divine Creator, man would find himself infinitely smaller and wholly finite, a crushing blow to the ego, but the necessary process by which one truly becomes communed with God. Proceeding through the forest of human imperfections, St. John of the Cross offers a light in the darkness. A sympathetic guide, this poem and its explication are offered to ease the task of shedding the mental trappings of human existence, and to encourage fortitude in the face of suffering and the detachment of the spirit from the merely imagined self in order to fully become a blessed child of God, ready and able to embrace the glory that entails. Spanish mystic and poet ST. JOHN OF THE CROSS (1542-1591) played a major role in the Catholic Reformation of the 16th century, and produced several renowned writings, including his Spiritual Canticle and Sayings of Love and Peace.

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dark night of the soul poem: The Dark Night of the Soul Journal Licia Sorgi, 2018-07-19 The Dark Night of the Soul is deeply excruciating, yet hauntingly beautiful spiritual transformational process. It is what the experts call a partial ego death. During this process, you will feel devastated, isolated, and confused. You won't be able to relate to anyone- not even yourself. It's not a depression, it's an amazing spiritual rite of passage that your soul chose prior to incarnation, in order to ascend into higher levels of consciousness. The entire premise of the Dark Night is to strip you of everything that you know and so that you can re-align with your true brilliant divine essence. That's it. Simply put, to just show you the incredible being that you are and that there is no separation. There is only love and oneness. This journal is absolutely very personal to me and I wanted to be able to help people who are going through this. It's literally the most difficult time (most likely) that you will ever endure, but I promise the rewards when you transcend it make every

painful moment worth it. The Dark Night is usually triggered a big emotional event. For me, it was when my mother died. Thirteen months later, after I gave up trying to 'be someone', trying to 'do anything'...trying in any respect, my Dark Night ended. I was done, done, done, done, done. I was 'done' dozens of times before but this was the big 'done'. I didn't care about anything anymore. I was just going to 'be'. I woke up the next morning with the darkness gone, and only light permeated me. I was ecstatic and filled with so much love and joy. Love for life, love for the process, and most importantly- love for myself. That morning, the poem just entered my head and I grabbed a pen and wrote it down. It very accurately describes the immense agonizing inner turmoil of the Dark Night, and it also presents you with the keys to transcend it. It is my greatest dream that this journal will help ease your pain and help you through this leg of your ascension process more easily. This journal addresses the 'big questions' and helps track your emotions. The Dark Night will get you to connect with, bring light and loving awareness to, and heal any shadows. It will tear away your reality and the constructs of your own belief system. It will literally bring you to your knees and to the brink of your own existence. It will rip away your conditioning and leave you in the darkness to find your own inner light. It's so beautiful. You will have the most amazing connection back to yourself and source afterward that you could possibly ever imagine. Trust that there is a higher purpose to this. Your soul is ready. You can do it! You will be so joyful when you do. Also, life is meant to be enjoyed. The Dark Night gets you to relax and enjoy more as well. You will be wanting to treat yourself so kindly and have so much fun. There are trained professionals who specialize in the Dark Night of the Soul that you can seek out. This is the Dark Night of the Soul that St. John of the Cross, Jesus, and Mother Theresa went through.

dark night of the soul poem: The Complete Poems of San Juan de la Cruz , 2021-04-13 In 1578, during months of imprisonment for his reformist beliefs, San Juan de la Cruz composed a series of narrative poems inspired by the Biblical Song of Songs—and, the story goes, a popular love song overheard from his cramped cell—that take God as the beloved. Erotically charged, initially scandalous, his mystical poetry engages with the journey of the soul through the darkest trenches of suffering and despair toward an enlightened spiritual connection with God. For hundreds of years, these poems have resonated deeply with those who search for meaning in the dark, and have influenced generations of poets, artists, and philosophers. This bilingual edition of the Complete Poems—including “Dark Night” and both the Sanlúcar and Jaén manuscripts of “Spiritual Canticle”—presents an intimate and exceptionally collaborative new translation from María Baranda and Paul Hoover. Baranda, one of the most distinguished Mexican poets of her generation, lends her deft hand with expansive, meditative poetry. Hoover—the accomplished American poet, editor, and translator—offers his dexterity with form and the possibilities of language. The product is uniquely faithful to image and idea, and loyal to the ecstatic lyricism of this canonical text. A volume that hums with the soul’s longing to find solace, *The Complete Poems of San Juan de la Cruz* is a collection to be treasured.

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Nouwen, A. W. Tozer, John McLaren, John Shelby Spong, Richard Rohr, and Marcus Borg. Reading their works reminds us that Christian literature is most practical and inspirational when it takes a narrative approach to theology, interpreting the spiritual journey through the ongoing stories of people and communities rather than trying to capture timeless truths analytically or through rational argumentation. Like its companion texts, *Wading on Water*, *Deep Splendor*, and *Deeper Splendor*, this volume is useful for individual or group study. Each chapter concludes with questions suitable for discussion or reflection.

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