

## The Dark Night of the Soul

The Dark Night of the Soul: an “intervention” orchestrated by our soul to signal it's time to get in touch with our deeper selves. It occurs when we have drifted too far away from our authentic selves and are living lives that aren't true to who we are.

This Mirror is about learning from these trials and tribulations when we meet our greatest challenges, and our greatest fears, and have been gathering the tools and understandings in life to confront them.

We are never given more than we can handle. You've heard that saying before. It is true of God, the Universe, or the Divine. Throughout life we have been gathering the ability to deal with the many challenges we encounter.

When we face life's challenges, we often don't take time to think of them as a sign from the universe or that they may be trying to show us something. Or that they allow us the opportunity to demonstrate mastery rather than tests that are passed or failed and sending us spiraling into a victimhood mindset.

With few exceptions, we all experience a ‘dark night of the soul’ at some point in our lives. They often represent our worst fears. It's in these moments that we can access the wisdom available to us and to know ourselves in our greatest darkness. It's an opportunity to heal that part of ourselves that we least choose to experience.

The pain we experience is a mirror of what we have the most fear of losing. It empowers us to recognize the true self without the constructs we have devised to keep ourselves safe.

When we don't face our deep dark fears, they are manifested. Whatever you reject, you attract. Whatever you resist, it persists. They keep coming back, again and again.

Dark nights of the soul are centered around several universal fears:

1. Fear of not being good enough.
2. Fear of trusting and surrendering.
3. Fear of abandonment and separation.

In order to heal it, you must understand it, experience it and then let it go.

The Observation Log and Exercise below will help you identify the trials, tribulations, and the challenges that you need to understand, experience and thus overcome.



## Exercise

It can feel like everything is breaking down. You may feel lost, confused, meaningless, empty and even lonely. Random emotions might surface at any time along with tears, and feelings of anxiety. Memories of your childhood and past experiences might flood your thoughts... seemingly unconnected to what is happening.

Answer the following questions while trying to keep an objective perspective.

What do these challenges you've listed above have in common?

What are the emotions you experience around these?

Based on commonalities, and the thoughts and reactions you are having, what might these challenges be trying to show you?

**When we examine cause and effect along with the spiritual message, we find a greater understanding of the WHY things keep coming up for us over and over.**

Is this a repeated message for you? (it's happened before and you didn't pay attention)

When was the last time you experienced this?

After taking the time to reflect and meditate on this, your intuition will tell you exactly what you can do to stop that repeating cycle. What did it tell you?