

# DARK NIGHT/ UNIQUE SPIRITUAL CRISIS

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## INTRODUCTION (20 Minutes):

1. The nature of spiritual dark nights; deaths and rebirths.
2. How the dark nights fit into the overall AQAL structure.
3. The dark nights of senses, soul and spirit as passageways from one state of consciousness to the next.
4. The dark night as a central Christian metaphor.
5. An experience of the dark nights.
6. The dark nights as mystical experiences and/or challenging life passages.
7. The dark nights as unique to each person, a distinct part of the individuation process.

## PRACTICE SESSION (20 minutes):

1. Outline your spiritual journey using deaths and rebirths as your organizing structure.
2. How did you change when you went from one level of consciousness to another, whether state or stage?
3. How many dark nights have you experienced? How were they the same? How different? How long did each passage take?
4. What was unique about your dark night or night's from your soul's point of view, e.g., what special soul lesson did you learn from the night?

## SMALL GROUP WORK (15 Minutes):

Please, break into small groups and share with each other what you can or wish from your own dark night experiences. In each group, appoint a person to record and summarize the thoughts and insights of the group.

## REPORT TO THE LARGER GROUP (10 MINUTES):

Reports to the full group from the small group summarizers.

## SMALL GROUP WORK (10 Minutes):

Please, return to the small groups and share any insights you have about spiritual practices and/or exercises and/or attitudes that have helped you in dark times and that may help others in their dark nights. Again, have one member of the group record and summarize the insights.

## REPORT TO THE LARGER GROUP (10 Minutes)

Again, the group summarizers will share the insights of the smaller groups with the whole larger group.

## FINAL WORDS AND PRAYER BY THE FACILITATOR