

Awakening Seminars

AWAKENING NEWSLETTER # 34

THE DARK NIGHT OF THE SOUL

Anhedonia, n. 1. The inability to experience pleasure. 2. Woody Allen's original name for the title character in "Annie Hall".

Your energy is low. There is little motivation or drive to do anything. Activities that were pleasurable are now tedious. You can't find joy anywhere. None of your teachings, practices, or tools for inner maintenance are of any help. It all seems meaningless, you feel lost, disconnected. Your mind plagues you with thoughts of worthlessness and deficiency.

Welcome to the threshold of a new life.

These could be signs of Clinical Depression. Go to your doctor, and you are likely to be given medication to "manage" the symptoms. This will be helpful only if there is indeed a chemical imbalance that needs correction. What does he know about existential crisis? Go to your Guru, he will tell you nothing matters, it's all an illusion. What does he know of brain chemistry?

More likely is that life is calling you to break through old patterns, and well, you're not sure you're ready...

St. John of the Cross, a 16th Century Carmelite mystic, originated the term "Dark Night of the Soul." This experience has been described as a lengthy and profound absence of light, hope, and connection to existence. One feels profoundly alone and cut off from Self, others, and Source in the Dark Night. At times, the longing for spiritual union is exquisitely painful.

The Dark Night of the Soul occurs at that points in our inner journey where our old way of being can no longer be maintained in the light of what is trying to emerge in us. It is where the Irresistible Force (evolving consciousness) is met by the Immovable Object (attachment to the familiar). The degree of fear, grief, and frustration can reach intense proportions.



We search for escape. We ask, "How can I make this go away"? This is a time when addictions may overtake us, we may turn to substances (proscribed or prescribed) in an attempt to "elevate our mood". But a better question might be, "How can I embrace this and allow it to transform me? "

Some guidelines:

1. Surrender. Surrender. Surrender. Our conditioning tells us that this is bad, wrong, shouldn't be happening, we attribute the occurrence to some statement of our deficiency and will do anything to make it stop. This, in itself, creates opposition and suffering. Something is being transformed, it doesn't feel

good, but the transformation is more important than the momentary discomfort.

2. Move the body. It's the last thing you want to do. Walk, run, use a bat on a pillow, practice martial arts, dance wildly – the more you support the body in moving the energy, the faster you will be able to get through it.

3. Reach for help. Talk to friends and loved ones who can really support you through this (and refrain from talking about it to ones who can't). This is a PERFECT time to do deep inner work (you're already there!). The focus needs to be on facilitating the deep transformation that is happening, and not on alleviating uncomfortable symptoms.

4. Take actions you have been avoiding. When life calls us to end a relationship, leave a secure job, or make other major changes, fear may stop us from taking the necessary steps. Is there someone you need to say something to? Is there something you would rather avoid that just won't go away? What might you be resisting?

5. Grief is not depression. When you suffer great loss, such as death of a loved one, you go through great pain. This is NORMAL and HEALTHY. Cry. Wail. Curse the fates. Allowing the pain to be felt helps the process of letting go.

"Feeling depressed is our inner self asking us to listen." – Gangaji



Many great masters would have been classified as “depressives” today. St. Teresa of Avila suffered from epilepsy and mood problems. If she had been received drug treatment for depression, it is likely she never would have entered into the ecstatic states that produced her visions.

We may experience several “Dark Nights” of varying intensity and duration. If we can endure, not abort the process, support ourselves in encountering the experience fully, a major breakthrough is likely to be waiting. The price of entry? Your willingness to see it through to the other side.

AWAKENING



Graduates of the Awakening Intensive have gone through a “Dark Night” of death and rebirth. Having found their way to the peace and freedom inside, they are free to play all out in their lives because nothing is at stake. If you are tired of dealing with endless issues, if you are ready to end the battle with yourself (by winning!) and make a massive transformative leap, this is what you are looking for. **The next Intensive is Aug. 6-8.** Contact Jason Brody, M.S. at 760-489-8087 or jason@awakeningseminars.com for a free in-depth interview.

Some quotes from recent graduates -

THANK YOU for sharing your amazing gift with such grace. It's astounding! This was the absolute most liberating work I have ever done. My journey was to learn to rely on myself instead of others to take care of my emotional needs, thus giving away my power and myself consistently. I learned how to face emotion, walk through it and come out the other side versus distracting myself from it or running away from it. For the first time I really, truly saw the false self that I was portraying for my entire life and met the person that I really am. I am now stronger, better able to hold personal power, ready to ask for what I need and want from others, more balanced and much better equipped. I am way more powerful than I thought., I am really strong and NOTHING'S gonna stop me !! - Christa, Clinical Nutritionist

I found such joy inside me that I didn't know I could have.. My life has not been the same since. My little shy soul came out and is like a little girl dancing and laughing and living like she never has since before my ego took over. How can I thank you for what you have done for me in my life? I am finally living! God I am happy!!!!- Karen, Real Estate

If I had a friend who was interested in diving deep and stripping down the layers, I would recommend Awakening as the most creative, safe, unique and surprising piece of work they could give themselves. Jason Brody is by far one of the most deeply committed guides in the field of transformational work that I have ever met.

What a trip and wow, what a fabulous body of work.

This awakening journey was the gift and adventure of a lifetime. The ability to more effectively discern between the seductive false voices of the mind from the true voices - this was huge! Freedom! Clarity! I had lost a deep sense of who I really was. Never completely happy, always a little confused, unable to trust my own thoughts or feelings, and extremely affected by what others thought or needed. I experienced a burning through - an initiation. From this, the essence of who I am; this bright golden light of my own being can truly shine and "be". Those old patterns and emotions can never run my life again. - Carolyn, Musician

In this journey I found the ability to be my own friend. Replacing the loneliness and despair I have felt in my life is the comfort and companionship I now provide to myself. I have found my own power. This experience has allowed me to refuse baggage from others without feeling guilty, ashamed or responsible for anything/ to anyone other than myself. In finding self-love, I learned what it means to love selflessly. It is peace. - Emma, Biologist

I found HOPE. I know now that I am worthy of and can give myself love. I

discovered that I am not flawed. My old belief that there was something wrong with me was a story - one I am finished with now. I had to take a leap of faith in order to have something better, and I did it! I'm stronger than I knew! Now I am at the beginning of a new journey, one with me loving me. There's no going back. No one can take away what i now know to be true. - Ashley, Midwife

*Awakening---way better than my highest hopes!!!! I am so astonished and ecstatic since Awakening!!! Every cell in my body is completely filled with love. I now have inner peace and I am truly HAPPY! I found myself! I am amazed in the most wonderful way! From my earliest memories I felt I wasn't enough, I was battering myself. I needed to be perfect and never measured up. I was so tired and exhausted. All I had to do was step into Reality and be myself and step out of the lies. Underneath I found that I love myself. Everything that I want to be happy is right there! I never knew that I had the ability of living the happy, self-compassionate, self-loving, and peaceful me that had been buried by the lies for almost half a century. I am so thankful, I have been reborn!
– Susan, Land Use Planner*

Contact Jason Brody, M.S. at jason@awakeningseminars.com or 760-489-8087 for more information. Visit the website at www.awakeningseminars.com