

# SEEING *in* the DARK

## SEEING IN THE DARK

Mulla Nasrudin, a great but lighthearted mystic, once boasted to a group, "I can see in the dark." "Then why," someone asked, "Do you walk around with a lamp." "Well," Nasrudin replied, "To keep others from bumping into me."

There is much to unpack in this little story. The first is that Nasrudin is a powerful mystic. When he says he can see in the dark, he is alluding to the idea that his consciousness is illumined. His boasting however, shows not only his hubris but the futility of sometimes trying to explain spiritual points in a lower consciousness or to people who will not understand.

Ultimately in Nasrudin's story, a great quote from James Thurber comes to mind, "*There are two types of light. The glow that illuminates, and the glare that obscures.*"

The stars are always out but the glares of our everyday world obscure our sight to see them. Still, true vision isn't only sight; it's the deep knowing and remembering the stars are still there. Your inner constellation of truth is always right there, to help you make the connection and lead with light.

## KEY POINTS

- ◆ Dark times happen but they are not permanent nor do they define you. You are not your situation!
- ◆ Feelings are valid. Do what you need to make it through whatever you face. Keep going!
- ◆ Faith and hope are great tools to help you tap into your inner light and know your way through the challenging forest.

## QUOTES FOR THE JOURNEY

*Faith is the bird that feels the light  
when the dawn is still dark.*

–Rabindranath Tagore

*It is often in the darkest skies  
that we see the brightest stars.*

–Richard Evans

*Look at how a single candle can  
both defy and define the darkness.*

–Anne Frank

*Faith in the dawn arises from the faith that  
God is good and just. When one believes this, he  
knows that the contradictions of life are neither  
final nor ultimate. He can walk through the dark  
night with the radiant conviction that all things  
work together for good for those that love God.  
Even the most starless midnight may herald the  
dawn of some great fulfillment.*

–Martin Luther King Jr

# SEEING IN THE DARK

By Lauren Martin

Part of the joy of being human are the gifts and lessons we get to experience along the way. Yet for many of us, these gifts and lessons become disguised in darkness and struggle, so we lose sight of the good that is coming. There isn't a single person alive who does not have difficult times, struggles through loss, or has to deal with the various monsters that lurk in the dark forests of our minds. We all have times when it seems hopeless as if there is no way out. We feel swallowed by darkness, fear, and doubt. Yet, we are also gifted with the amazing ability to have hope and faith. Hope and faith are like two beacons of light in the midst of the darkest, deepest of forests that help us see the path and remember our way.

Now in no way am I suggesting when we are lost in the labyrinth of swamps, monstrous voices, memories from our past, and tall trees built to hide the path, that we should just force ourselves to be happy and pretend everything is okay. You 100% have full permission to feel everything you need to feel in each moment of your journey. Cynthia James, a wise woman, once told me that if God is all there is, then God is in your anger too, so it is valid. God is in each emotion, each hard moment, each stumbling block, each "wrong" turn. So feel that pain, that loss, that anger, that fear. Release the tears, scream out your hurt, speak out your pain. Just don't stay there.

It is easy to miss the lessons and gifts that come from going through the dark forest, experiencing all the feels, fears, doubts, and insecurities and following the light to the other side. But where does this light come from? This light comes from so many sources. There is the light, the soul that emanates from within you that knows the truth of who you are and guides your way. If you aren't quite ready to trust your own light, turn to a friend or family member who sees you as you are and loves your perfect imperfections. Turn to a pet who looks at you with unconditional love and is always there for you no matter what. Turn to a practitioner or minister who knows how to see the God in you and hold the space for you to go through whatever you need to go through. Remember, hope and faith are always tools you can use to light the path you are on. If you are not feeling strong in your faith or hope because the path is just too dark, let those in your life you trust have the faith and hope for you. The most important thing to remember is you are never alone, be it people, pets, or remembering the God in you. Share your story. Talk to someone about the path and just keep moving forward. You are the light, even if you can't see it right now.

# DISCUSSION QUESTIONS



1. How did it go using your Light of Aspiration this week?
2. Can you remember a dark time you went through? How did you find your way out?
3. What do you do when you can't see your own light or feel like you have lost all hope and faith?



## OPTIONAL PROCESS

### Process 1

In her article, Lauren Martin talks about finding God in her emotions. Are you able to see the light in your negative emotions?

Take a moment to reflect on the following questions and take three minutes to journal on each one.

- ◆ What emotions did you express that may have been criticized by others as you were growing up? How did that affect your emotional maturation later in life?
- ◆ What is the most common negative emotion you tend to feel at this stage in your life? Where do you think this emotion is coming from? Can you see any light in this emotion?
- ◆ Seeing in the dark means being willing to be a light in any dark area of your life. What is the light you are willing to be in relationship to the darkness you may encounter?

### Optional Process 2

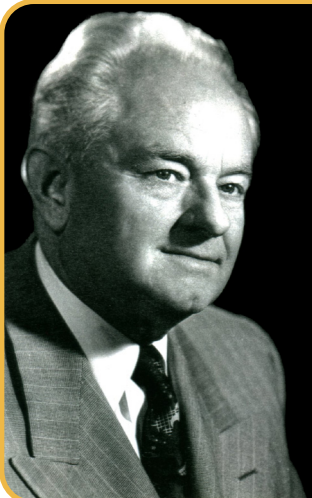
#### Honoring Circle

Depending on how much time remains, take turns honoring each individual in your group by inviting other members to say a quality of light they see in each other. This could be one person sharing at a time or all at once. Make sure to include yourselves as facilitators.



## PRAYER FOR THE WEEK

*Even in the darkest of darkest spaces and times, the one thing we can know without a shadow of a doubt is that God is all there is. In the darkness, in the light, in the stars, in the fireflies, in the clouds, in the thoughts that haunt us, God is still all there is. We can sink and feel lost though the truth is that God is always with us, always part of us, always present, connecting us and reminding us we aren't alone. On those dark days, the journeys through our personal dark forest, or the struggles that make us feel alone that seem to test us and make us question everything, we remember to breath into our faith and hope. We know that faith and hope are our North Stars leading us through the darkness, keeping us on the right path to finding our true selves again. We know that in the times where we feel that our light may not shine so brightly that God brings us people and pets that can hold that light and remember our truth for us until we can see it again. We know that God is always present and we remember to tap into that truth within us and allow God to shine through us no matter the situation. We breath in hope. We breath out fear. We breath in faith. We breath out doubt. We know that with our support groups, our God, our faith, and ourselves we can see through any darkness and eventually appreciate the lesson and the journey. Darkness may come, but it also must go, it is not permanent. Just as the sun always rises in the morning replacing the deepest darkness of the night, so will we come through our darkest times and remember how bright our light is. Even though it can be hard during a time of darkness to be grateful, we lean into this gratitude allowing it to make space for our light to shine through. We are grateful for the experience and even more grateful for our hope, our faith, our God, our family, our friends and our fur buddies that become our lights when we need them most. Knowing that the light is here, always within us, and we are strong and brave enough to face anything, we release these words into the law with courage, hope, and faith, and so it is.*



*The continuing challenge is to increase our knowledge of the infinite potential which lies ahead of us, and every increase but reveals the more that is to be known.*

*To realize that an infinite artist, the divine creator, the cosmic reality is back of and in and through all of our acts is to realize the truth which enables us to enter with joy and enthusiasm into the day in which we live.*

*Each day is a new creation, a new moment for a fuller awareness of spiritual reality and a time for designing the new life we want to live.*

*-Ernest Holmes*