

Moving Through Darkness

"Be Bold and Mighty forces will come to your aid." Basil King

Imagine that you are walking alone in unfamiliar territory and come upon a dark cave. Night is falling and you know somehow that your life depends on you going into the cave, perhaps for shelter or food. In your imagination there are untold possible threats in that cave - demons, beasts, all manner of poisonous, crawling creatures, falling rocks and a hundred other dangers that could end your life. And there you would be, standing alone in all your vulnerability. Everything in you is resisting entering the darkness.

A frightening scenario, yes! But one that is familiar to many people who embark on a healing journey. Darkness has been a symbol of misery, ignorance and adversity throughout recorded history. It wasn't until I made the connection with my Higher Self and began my practice that I understood how darkness surrounds all of us in some form, or at some time in our lives. For many people the dark is or has been a constant companion and can lurk somewhere just under the surface of our ordinary consciousness. For others, it isn't even hidden. It manifests every single day in the form of depression.

Early in my career as a transpersonal hypnotherapist many of my clients described seeing an image of darkness that frightened them. Sometimes the image was clear like the cave and sometimes it was just pure blackness or nothingness. Before I knew the power of the Higher Self the session would end there. After many clients and much practice (thank you to those willing participants) I realized that I could ask the Higher Self to move my clients through the dark or take them under it. The process scared me at first because I wasn't sure if I was doing the right thing. What if the client got stuck in the dark? Inevitably, though, they would either reach the Light or see clearly an important image of themselves that needed healing.

FACING THE DARKNESS!

I finally came to know that my job was to help the client face whatever was showing up after the Higher Self began the healing journey. I was being tutored by the Higher Self to follow the image, shine Light on it, move through it, basically, face it down. Much like being a warrior we have to head into our fears and confront our shadows. I often tell my clients, when they are experiencing anything that is frightening, dark or unpleasant, to become a warrior. I also ask the Higher Self to give them strength and to walk them through the difficult passages. I assure them that I am with them as well. I have seen the most amazing display of courage under these circumstances. In a state of relaxation the Higher Self will present to us an image of some type of darkness that represents the hidden fears we carry. The images are very simple, like the images in a dream. They come as dark holes, tunnels, black clouds, houses immersed in darkness, a deep well obscured by murky water or caves. To the client these images and the resulting fear are very, very real. All the senses are involved. When the client sees the dark image I ask the Higher Self to give the client enough strength and healing energy to move through the it, have the darkness removed, or be shown what it represents. With the help of the Higher Self there is always some movement, some experience of the darkness lifting and Light coming through and finally, coming out to the other side. I have never seen an exception. There is always another side, filled with Light, peace and images that help the client realize they are safe.

Think of the proverbial tunnel that many healers and spiritual people talk about. The first time a client had an image of a tunnel I recognized something important was being presented and asked the Higher Self to accompany the client through the tunnel. I believe I was as frightened as my client as she described the pit of gloom in that dark tunnel. I kept asking for strength for her and admittedly, for myself as we carried on. About the halfway point (the client's description) she didn't think she could go forward. I again asked for help. I even boldly requested that the Higher Self move her more quickly! If you can ask for a little why not ask for a lot! After a very few minutes the client announced that she was seeing a Light. I urged her to move toward the Light, asking for more strength for her. Another moment or two passed and the client announced she was in the Light, and feeling glorious. I figured she ought to stay in it awhile after what she (and I) had been through. When she felt ready to move beyond the Light, she told me she had an image of green valleys, mountains and trees. She felt herself very peaceful standing in the midst of this beautiful scene. I felt I had witnessed a miracle. You may think this is unusual but it has happened thousands of times since - different people, different nationalities but the same image of the tunnel and the Light and ending up in a peaceful, natural setting. Though we have no control over whether the tunnel image will appear, when it does appear it brings profound and lasting change in the client.

I've learned from working with clients that the deep dark shadow we suspect is there often manifests as depression in our outer lives. In fact, frequently the first thing I hear when people call is that their energy is low and that they are feeling depressed. The image of a dark cloud hanging over our head is a common complaint but, until we begin the healing process, we don't realize that our spirit literally sees it the same way. Not only does depression mask anger and, ultimately, powerful emotions that have been suppressed, but darkness and depression also mask the tortured beliefs we carry about ourselves. Those beliefs are charged with judgment, shame, guilt and all kinds of imagined wrongs that we have committed. Some people have lived so long in a depressed state that they feel almost comfortable in the dark and either don't want to move or are afraid to move, preferring a life of "quiet desperation" to taking the risk to move through the darkness and into the Light.

The following is an excerpt from a session that will, hopefully, make the process more understandable. The transcript begins just after we have done the relaxation process.

Jean: How are you feeling?

Client: Calm, good.

Jean: What's going on now?

Client: Nothing!

Jean: I will ask your Higher Self to take you under the nothing.

Client: It's just black.

Jean: I'll ask for strength for you and to be taken under the black.

Client: Hmm. It's sort of dark gray now.

Jean: I am asking your Higher Self for more strength and to move you through the gray.

Client: It's getting lighter and lighter. I see a black cloud with a jagged edge.

Jean: I'll ask your Higher Self to show you clearly what the cloud represents.

Client: Fear and confusion.

Jean: I'll ask your Higher Self to lift off the fear and confusion. What's going on now?

Client: It's light now and I see my parents and a time when I felt they rejected me.

I ask the Higher Self for strength so the client can move forward. Though the client is nervous and scared she finds the strength she needs to leave the darkness and enter the Light. With this image the Higher Self now can help her see the rejection clearly.

We seldom recognize or acknowledge that a dark layer of distraction is obscuring vital beliefs about ourselves that have never been healed, the kind of beliefs that drive us to make our lives difficult, armor ourselves against love, suffer health and money problems and generally keep us from the joy in life that we deserve. The Higher Self will bring those beliefs to the surface, and strengthen us so that we can clearly "see" that our beliefs were wrong. My telling you that you are innocent and worth loving won't make much of a difference but if you see it yourself, through the strength and power of the Higher Self, you will experience the truth of who you really are. It will take you out of the darkness and into the Light.