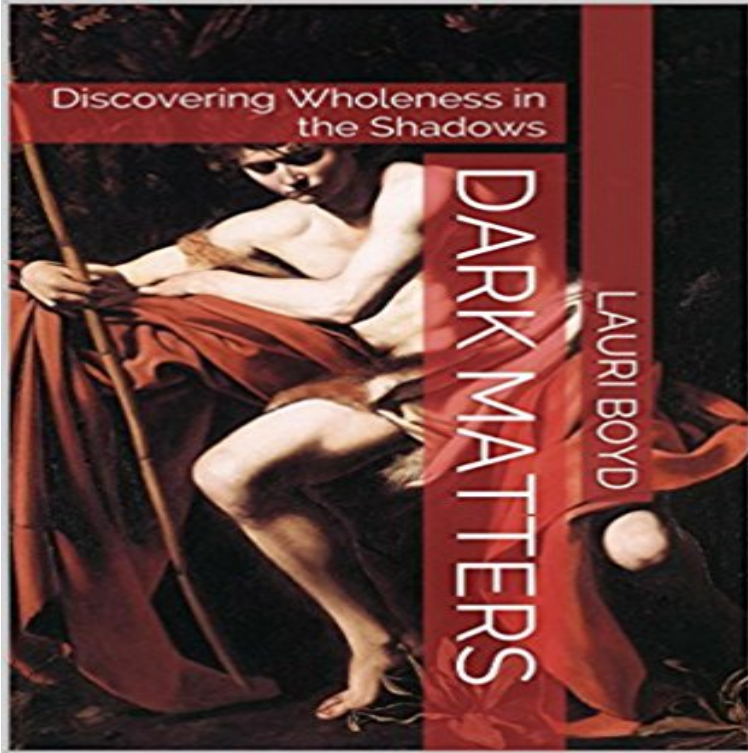


# Dark Matters: Discovering Wholeness in the Shadows



The experience of light and dark is a part of every human journey, to one degree or another. Our culture teaches us to fear the experience of the dark, especially that inner darkness that is our shadow self. We have built an imaginary wall between us and the darkness. We have developed rituals and psychologies, religions and pills to distract us from the darkness. We have focused on the light, seeking to eliminate the darkness, if not in this life, then in the next. And yet, in the end, the darkness is always there with us or around us, waiting. However, if we learn to step through our fear, there is another possibility – another road, less traveled. On this road, we learn to accept the darkness, to engage it in dialogue, and to use it as a tool for our spiritual growth. On this road we learn that darkness is not the enemy of light, but simply the other half of light. We learn that our goal is not light, but wholeness. We learn that true spiritual wholeness is not a denial of the dark side of ourselves but rather an embracing of both our inner light and our inner darkness into an integrated, healthy, transcendent whole. In this book, I will share with you some of my insights and pass along some of the spiritual practices I have used, both in my personal work and in my work as a spiritual counselor. Use this book as a practical guide to achieving lifelong spiritual growth.

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