

## DARK ROOM WORK 2

The primary reason for working in the dark is to communicate with the heart (emotions) rather than with the head (intellect). There are many issues and problems you carry around with you that words alone will never resolve. Think how many times you have gone round the same loop of experience again and again, constantly using words to try to break down and resolve your issues. Yet experience has shown you that words often don't work and despite how much you talk about certain pains, hurt, damage and dysfunction, they never seem to heal, they never seem to go away. This is because they are not intellectual by nature and so need an emotional solution. All negative experiences have an emotional consequence and words can take us a long way towards resolving our hurt or trauma. There are, however, some elements of our emotional disturbance that are beyond the reach of words alone. This is why we use the dark as a medium for addressing emotional issues because the paradox is that it is in the dark that so many things are unveiled and become clear, which in turn offers emotional freedom and personal power. Why is this?

If we are fortunate enough to have sight, then the vast majority of our energy is consumed in the sophisticated activity of this faculty. The eyes provide the brain with the full-time job of decoding, deciphering and generally making sense of our world. So much energy is spent analysing, judging, and then acting accordingly as a result of what we see. When the individual is plunged into the dark, whilst remaining conscious, a wonderful feature of nature comes into play, as the energy of sight actually becomes insight. In other words, when the energy of sight is invited to focus in on itself, it literally becomes 'in-sight' as it is now looking in rather than out. There is no miracle taking place here, simply the laws of energy (principles of thermodynamics) at work. If the energy (sight) isn't being expressed externally because we are temporarily blocking those pathways (by closing the eyes) then it has to find another way of expressing itself. This is why dark room work is so powerful because by redirecting the energy of sight we are able to see and feel those things that are always there, lying dormant in the corridors of the mind, but are rarely addressed or confronted because of the relentless, distracting pace of our lives.

Dark room work is a revelatory process. However well you think you know yourself you will discover things about yourself that were previously either not clear or not known at all. This journey will, for most of you, be the most transformational, life-changing thing you're ever likely to do. Dark room work is safe, sensitive, and supportive but most of all it's liberating. Its return will often be greater than your investment because, long after each session has concluded, it continues to unravel the mysteries of the self and emerge forgotten truths. For many, the idea of raking up the past and sitting in the stench of fear, regret, pain, and those things that have damaged us, seems to be madness. This would be true if the individual wasn't already being driven mad by those very same memories and experiences! Dark room work is not a voyeuristic exercise, indulging in pain for its own sake, nor is it a 'poor me' activity. To the contrary, it is a very effective way of reclaiming one's power (see Waste Weakens, Understanding Your Blind Spot and Resolution Creates Time, Space and Energy). All the negative experiences trapped in the countless pockets of your awareness are slowly drowning your spirit in toxic waste. When you can face these experiences in this way (and not everyone will feel able to do this) the dividends are enormous as the shame, guilt, fear, and anger that binds you will be broken, and both your head and your heart will be set free. We do not recommend dark room work be undertaken without skilled help. It is a spontaneous yet precise, analytical approach that needs someone who fully understands the process and has experienced its marvel and wonder and so is therefore able to work with its incredible power.