

THE  
DARK  
NIGHT  
OF  
THE  
SOUL

# DIVE DEEPER WITHIN!

ROMIE BO

## PRAYER

Lord I am compel to journey inward but where is that place? What does inward feels like? When I close my eyes random thoughts rise to greet me. Emotions dance around like sparks in the night. What I am looking for? What am I listening for? How do I navigate through all the chaos that constantly talks to me? I am seeking a way through this random thoughts that are here today and gone tomorrow. I seek discernment.

I want the ability to recognize the rare that comes through my inner world that is a messenger of guidance from you, a truth, a diamond sparkling with divine code. I want to hear and see clearly so that I might easily stay detach from debris that can rapidly cloud my mind and infect my heart. Discernment is powerful grace. It is one of the great signature powers of the soul. I am asking for that Grace and I know it does not come easily. I must use this grace, I must live the power of this grace, I must apply it every day of my life. I have to take the familiar blinders off. I cannot deny the workings of evil and be discerning for what then am I desiring to see clearly. The world as I wanted to be or the world

as it is? You've created a Universe that is only power. Power in motion and the power that generates life. That same power of creation has every shade of vibration from the brightest light to the depth of darkness. We choose the vibrational field in which we dwell. It is an easy thing to hide in darkness and then to say there is no darkness, for how can one discern the dark when hiding in it? Light recognizes darkness and it attracts the dark. This forces contain each other, Lord I know that. I have also learnt that prayer repels darkness and grace contains a barrier like a wall of protection. So hover over me Lord. Surround me with grace in all ways especially in my pursuit of inner truth! And so it is!



# THE DARK NIGHT OF THE SOUL IS A PROFOUND ARCHETYPAL MYSTICAL ENERGY.

It was outlined in the 16th century by a Spanish Carmelite Priest Juan de la Cruz | John of the Cross.

When we feel that we have been guided and things seem to go bad we wonder why God forsaken us and that is what Juan de la Cruz wondered because he was thrown into the dungeons of the Monastery to face God. He name this **The Dark Night Of The Soul/ La Noche Oscura Del Alma.**

This crisis has erupted into modernity because we are confronting a new template of what is possible and what is impossible. What we think the nature of God is?

So much of the depression that we see currently in our societies is what is called a spiritual crisis and not a psychological one, not one that we need to medicate and hope to eradicate from our world. A spiritual crisis is a profound journey of transformation that we need to embrace regardless of the suffering it may cause us.

HOPEFULLY, TO SAY:  
"I AM GOING THROUGH A SPIRITUAL CRISIS" IS SOMETHING THAT PEOPLE WILL BE ABLE TO RECOGNIZE.

## SPIRITUAL VS PSYCHOLOGICAL CRISIS

**The Dark Night Of The Soul** is something that the mystics have been studying for years and it has adapted to the modern times.

More and more we are finally starting to speak mysticism and recognize a mystical crisis or a spiritual crisis. But our tendency is to think that something is wrong, unaware of what it is really happening is a profound spiritual crisis or spiritual transformation.

Archetypal speaking there are differences between a spiritual crisis and a psychological crisis. They look the same, and they often present the same but a spiritual crisis has a very different agenda for you. It's agenda, is a conscious crisis. A psychological crisis is not.

The spiritual crisis has purpose and intent.

They present the same way, in other words, depression is there, the sense of disappear, the sense of

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confusion, anxiety, apathy, all of that can present in your life the same way. Another difference is that the Spiritual crisis is almost like a jewel of grace inside that indicates that there is a reason for this suffering. It is not without meaning.

The purpose of the dark night is to break you down and then change the relationship you have with your understanding of how the Divine works in your life, and how the nature of the invisible world works in your life. It doesn't matter what your background is.

Every person starts with a relationship with this nonphysical world, with the idea that there is a way to reason with the nonphysical world. And that there are logical reasons for why things happen as they do. That there is a way that we can behave, that we can form a parent-child relationship with GOD in such a way that if we are good, bad things won't happen to us and that if we receive guidance and if we follow that guidance that we will be protected from bad things or rewarded if we struggle.

### **FIRST FACE**

The Night Of The Senses.  
Breakdown.

How many times you feel like you follow your inner instructions only to feel that this is very difficult, I might have done something wrong? Because the way we look for validation as to whether or not we have done the right thing is bc we spect things to be easy as a result, you spect fairness, you spect justice, you spect heaven to winged your back because you follow guidance. And we ask how could this happen to me? In the middle of this we get to choose. We can become resentful or we can change how we understand the nature of God.

**UNLESS EVERYTHING  
IS REASONABLE AND  
FAIR, THERE IS NO  
SUCH THING AS GOD!**



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**THE DEEPER CHOICE IS NOT ABOUT FAIRNESS BUT  
HOW WE RESPOND IN THE MIDST OF UNFAIRNESS.**

**LIFE IS NOT ABOUT REASON BUT  
HOW WE NAVIGATE THE  
UNREASONABLE.**

The journey of our soul is how cleverly we maneuver the unreadable. How is it possible that we can choose to be loving in the middle of cruelty, to be forgiving in the midst of insanity? That is the great choice of the Divine being.

Juan Cruz wrote

On that glad night,  
In secret, for no one saw me,  
I did not see a thing,  
With no light nor guide,  
But the one that burned in my heart  
And this guide me,  
More true than the midday light,  
Where I was expected,  
By true self whom I knew Well,  
Deep in the place where only  
we could be.

"Dark Night of the Soul" Written by St. John of the Cross.

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He chose Love and gave in his ego demands, not because he was ordered to but because it is the only thing that makes sense and what doesn't make sense will make sense out of this. The mystical paradox.

In that instance Grace steps in and the conflict can be resolve, you no longer feel abandoned by God and the Second face of the Dark night of the soul begins.

## IN THE FIRST FACE

We confront the breakdown of the myth of the God we want, the God of personal justice and favoritism. When we finally accept that God did not create this world for us but US for this world then we go from our breakdown to our breakthrough in the Night of the senses. It is during this deep mystical unfolding that we discover how we have limited our capacity to Love, how we have withheld compassion, how and why we have judge others. During this journey, those scales fall off our eyes and what it is left is only our openness to Love.

## SECOND FACE

The Night Of The Spirit.  
Compassion.

We need the experience of cosmic disappointment to confront why we so desperately want life to be reasonable and fair!

To want life to be what it can't ever be and why we keep insisting that life is like that. We must confront in us why we become so angry at people who we feel let us down when they do something we think is unfair and not right. Things that we think they shouldn't happen to us because we think we are so special, that is ok if they happen to others but not to us by God.

We need that to happen because at the root, we are terrify to LOVE WITHOUT RESTRICTIONS, to really Love deeply.

WE ARE TERRIFY TO HEAR  
GUIDANCE IN US THAT INSTRUCT  
US TO CARE FOR THOSE THAT  
OUR MIND SAYS: "STAY AWAY  
FROM THAT PEOPLE" BUT OUR  
HEART SAYS: "GO TO THEM!"

We are terrify of the depth of our own humanity! And it is only our need for reason that allows us to control the sides and depth of our humanity.

It's only our capacity to stay angry at life, that allow us to control how much will allow ourselves to love and that if we become wildly open to the power of love, we would not be able to control our response to strangers and we would no longer be incline to judge and put the boundaries that so easily come up on us.



**HOW IS  
TRANSFORMATION  
SPEAKING TO YOU  
& TO YOUR SOUL?**



## HOW DO I KNOW IF I AM GOING THROUGH A DARK NIGHT? WHAT DO I DO?

IT CAN STRIKE YOU ANY TIME!  
IT IS AN ARCHETYPAL SPIRITUAL TRANSFORMATION AND IT  
HITS WHEN THE TIME IS RIGHT FOR YOU TO BEGIN THIS  
JOURNEY.

### SIT & ASK YOURSELF

Is this a psychological crisis or am I on a Spiritual one?

Am I in a battle with God and in my heart, I am terrified of my own survival?

Am I terrified of my spiritual journey?

If you feel that life is not following your logical conclusions, your logical order, that I am terrified that the choices we make don't play out and I need to change me in order to proceed, I can't change anything else, it is me that has to change and the parts of me that I need to change are so deep. Is it not about changing your attitude, it is about changing the relationship with how I fundamentally see the Universe.

This is where you begin to looking into the Dark Night of the Soul and as you proceed with this put your attention into Grace.

You have hidden in you an extraordinary capacity to transform the life of other people. Not influence them, transform them. Transform, to inspire people to become better human beings! Influence means control! Inspire come from Grace. We have an enormous capacity to use the Graces inside of us to become a channel for Grace. That is the power of our Spirit and this is what becoming spiritual, mystically unreasonable, to do things that only make sense to your Soul. That is what happens when you let Love go and run through you like the force it is meant to.

#### **It is a personal and impersonal journey!**

It is about you understanding, recognizing or being introduced to your sacred design. A hidden resource in you.

We have to get through the struggle to bring it to the light, to let yourself become a mystic without a Monastery.

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**BRIGHTER DAYS ARE THE END FOR THE TRAVELERS THROUGH THE DARK NIGHT!**

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WISHING YOU ABUNDANT SUCCESS AND FULFILLMENT!



**YOUR SUPPORT MEANS A LOT TO ME.**

I HOPE THIS DARK SIDE OF THE SOUL GUIDE  
INSPIRES & EMPOWERS YOU ON YOUR  
SPIRITUAL HEALING JOURNEY TOWARD  
MANIFESTING YOUR DREAMS.

**THANK  
YOU!**



IF YOU WOULD LIKE TO WORK WITH ME AND  
GAIN GUIDANCE IN YOUR SPIRITUAL HEALING  
JOURNEY REACH OUT AT

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