

Darkness—Growth and Enlightenment

by Clara Carter

Darkness is a place where things grow unimpeded in the stillness, a place that seems to be devoid of apparent life, of non-actuated action, and the quietness where you exist. You cannot see yourself or anyone else but you know you are there because you can feel your body, your soul, your whole being straining for release.

It is frightening because you don't know which way to turn. You try desperately to escape walls you've built to protect you from the perceptions of life you erroneously accepted as truth, but your efforts prove futile. Perhaps life's situations have surrounded you with darkness to get your attention.



You search for the light, a way out. Moving ever so slowly, you feel your way along the wall and bump into set-backs and unplanned circumstances. Since you've been building that wall for several years, in the dark you have no idea how high or wide it is. But it can no longer serve you as it did when you first

started building. It has become a prison filled with your "beliefs" about situations and events you that formed over the years about life through distorted perceptions.

Your eyes are now open to the dis-ease within your soul—the darkness has become intolerable. You cease struggling and sense that you are not alone. You cry for enlightenment, to live your purpose for being here.

A still voice whispers, "Don't worry, you will get through this." It's time to march around those walls until they crumble and tumble. It's time for you to walk in the truth of who you are. Release the things that happened in the past. Forgive yourself for holding onto unpleasant situations and past acts of history that cannot be undone. Your darkness is a place of growth and enlightenment.