

## Learning To Move In The Dark Week 3

What if it is while we are in the dark, that we grow the most?



Like the moon, our experiences of the light waxes and wanes. Through the exploration of darkness, we can find courage. We do come to understand the world in new ways. When we open ourselves to a lunar spirituality, we begin to feel God's presence around us, guiding us through things seen and unseen.

Welcome and Opening Ourselves:

Covenant:

- I will be open to hearing new truths and new possibilities.
- I will actively listen, even if I do not share the same perspective, in case God is opening me to a new revelation.
- I will pass if I am uncomfortable with sharing and will allow others to do the same without judgement.
- I will use I statements, as I can only speak for myself.
- I will not interrupt when someone else is speaking.
- I will not interpret when someone else is speaking.
- I will be brief when sharing to allow others an opportunity to share.
- I agree to keep confidential others stories, as they are not mine but theirs to share
  - I agree that two opposing viewpoints can both be true



“These places of possibility within ourselves are dark because they are ancient and hidden; they have survived and grown strong through that darkness. Within these deep places, each one of us holds an incredible reserve of creativity and power, of unexamined and unrecorded emotion and feeling. The woman’s place of power within each of us is neither [light] nor surface; it is dark, it is ancient, and it is deep.”

— Audre Lorde, [Sister Outsider: Essays and Speeches](#)

Guided Meditation:

Close your eyes and settle into a quiet, interior, space within ...

Now, take a moment to note anything you felt, heard, sensed, or saw that brought you insight, clarity, or peace ...

## Introspection

With the moon as my guide, I am on the move too, wondering about the link between inner and outer space. If outer darkness is the cloud where we store our inner fears, how much will the real world suffer from our collective fear of the dark? How much will we pay to fuel the engines that keep our world lit, rather than doing what is necessary to feel safer inside ourselves?

### Group Sharing >



We should care about the cost to us about the illumination of the night, because our inner and outer worlds are so closely related. For a candid photo of what is on your mind, take a look at your desk. For a measure of your comfort with the dark, notice how many lights you leave on at night. Is one sufficient or do you prefer more? Is a bright home sufficient or does the yard need to be lit too? In these ways and more, our comfort or discomfort with the outer dark is a good barometer of how we feel about the inner kind.

After reading the quote aloud in your table group, please take turns sharing EITHER:

- What do you believe could be some of the cost to us of illuminating the night?
- Do you believe there is any truth the premise that your desk is a reflection of what is on your mind? Why or why not?
- Do you believe there is any truth to the premise that your comfort with darkness is reflected in the number of lights you leave on? Why or why not?
- How does your comfort or discomfort with outer darkness reflect your inner darkness?

### Group discussion>

Living into lunar spirituality and endarkenment allows us the freedom to embrace those feelings, things and ideas that resonate as true to our spirit and reject those feelings, things and ideas that injure our souls. If it is true that darkness may save us, and we embrace endarkenment as we have the light, how would your life, faith and way of being shift as we consider...

- ❖ God manifests as the dark cloud of divine presence and invites to climb the mountain and enter into the darkness.
- ❖ That entering the darkness has its risks AND rewards.
- ❖ If we turn away from darkness on principle, doing everything we can to avoid it because there is simply no telling what it contains, there a chance that what we are running from is God.

### Affirmation:

In the same way, Gregory said, those of us who wish to draw near to God should not be surprised when our vision goes cloudy, for this is a sign that we are approaching the opaque splendor of God. If we decide to keep going beyond the point where our eyes or minds are any help to us, we may finally arrive at the pinnacle of the spiritual journey toward God, which exists in complete and dazzling darkness.



Taylor believes that Christianity preaches a spirituality that is sometimes too solar. It often identifies God’s presence with the “sunny part” of our lives. If we have faith, a solar spirituality says, then we will always feel God’s presence, we will have certainty of belief, and we will have reliable answers to our questions and prayers. The problem with this comes when darkness descends on our lives: we lose our job, our marriage falls apart, we have a serious health issue, we struggle with one of our children, we begin to doubt what we have always believed, God seems very far away. According to Taylor we need a more lunar spirituality. She writes, “When I go out on my porch, the moon never looks the same way twice. Some nights it is as round as a headlight; other nights it is thinner than the sickle hanging in my garage. Some nights it is high in

the sky, and other nights low over the mountains. Some nights it is altogether gone, leaving a vast web of stars that are brighter in its absence. All in all, the moon is a truer mirror for my soul than the sun that looks the same way every day.” She encourages us to trust the rhythm of light and darkness in our lives, rather than oppose it.

Taylor’s book called me to reflect on my own spirituality—and the one I speak and write about. These are some questions I asked myself. You may find them helpful for your own reflection.

Is my spirituality too solar? Do I tend to equate God’s presence only with the light?

Can I find beauty in the natural darkness? Taylor describes sitting outside with her husband and watching a moonrise. I asked myself, “When was the last time I sat and watched a moonrise? How aware am I of the phases of the moon?”

Can I find God in the darkness of my soul, the darkness of my personal life, and the darkness of the world? Do I welcome the darkness as a friend who can help teach me what I need to know?

Experiencing God in Nature, Meg Hutton, May 31, 2016

Write your own thoughts and notes here:

