



## Darkness Visible: Awakening Spiritual Light Through Darkness Meditation

By Ross Heaven, Simon Buxton

Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, *Darkness Visible: Awakening Spiritual Light Through Darkness Meditation*, Ross Heaven, Simon Buxton, The first book to examine the spiritual and therapeutic practice of retreat in physical darkness to explore inner light. The use of ceremonial darkness is a classic and cross-cultural method for exploring hidden aspects of unconscious and super-conscious states, accessing invisible landscapes and embracing the deeper recesses of the self. In "Darkness Visible", Heaven and Buxton examine the spiritual and therapeutic practice of taking retreat in physical darkness. For millennia mystics and sages have used darkness as a spiritual tool for breaking with their pasts, prior conditioning and the limited reality of their societies. Spiritual seekers from many traditions - Celtic, Eastern, indigenous North and South American, Tibetan and African - have used darkness as a tool for spiritual enlightenment. Heaven and Buxton show how experiencing complete darkness, even for only a period of hours, brings about a remarkable clarity and mental stillness and, thus, provides a springboard for creativity, intuition and spiritual development. They include exercises that explore lucid levels of dream consciousness, drawing both from their experience as teachers of this method and from the...



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