



Darkness Visible: Awakening Spiritual Light through Darkness Meditation

By Ross Heaven, Simon Buxton



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The first book to examine the spiritual and therapeutic practice of retreat in physical darkness to explore inner light

- Shows how experiencing complete darkness over prolonged periods helps in developing mental clarity and creativity
- Draws upon many indigenous and spiritual traditions that use this technique

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 many cultures that include this practice in their spiritual traditions. *Darkness Visible* shows how deprivation of sight can truly teach us to see.



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Editorial Review

From Publishers Weekly

Starred Review. Joseph Campbell would have liked this bright book on an essential and overlooked everyday pathway to greater spiritual strength. Part discourse, part anthropological exploration and part spiritual road map, this volume asks the simple and profound question: "What might we learn about ourselves and the powers of the 'other world' by surrendering to the beauty and opportunity for greater vision afforded us in darkness?" This pioneering effort marshals the experiences of various global cultures that look to extended periods of literal darkness for spiritual initiation and inner illumination. The text is based in part on excerpts from various people who have participated in the authors' "Darkness Visible" workshops. The praiseworthy testimonials ground the volume with real experiences and ring with consistent clarity, attesting to the capacity of darkness for fostering an "exquisite connection to spirit, self, and others." Extending an open hand to all faith traditions and offering interesting and simple exercises, the authors transcend any erroneous notions of occultism that may be associated with the title. A valuable asset to personal and public libraries, this work opens the door to the wondrous dark chamber we enter every time we close our eyes to pray, meditate, chant or dream.

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Review

"... we learn about ourselves and the powers of the 'other world' by surrendering to the beauty and opportunity for greater vision afforded us in darkness. . . . Ross Heaven and Simon Buxton have nurtured the most fertile ground for the development of true spiritual sightedness." (*Malidoma Patrice Somé, author of Of Water and the Spirit: Ritual, Magic, and Initiation in the*)

"A shaman is a man or woman who sees in the dark. Gifted storytellers Ross Heaven and Simon Buxton blend cross-cultural stories of initiations in darkness to bring a powerful initiation to our modern world . . . inspiring us to open up to new perceptions made possible by using our other senses." (*Sandra Ingerman, author of Soul Retrieval: Mending the Fragmented Self Through Shamanic Practice*)

"Darkness Visible soars. A colossal book!" (*John Perkins, New York Times bestselling author of Confessions of an Economic Hit Man, The World Is*)

"A valuable asset to personal and public libraries, this work opens the door to the wondrous dark chamber we enter every time we close our eyes to pray, meditate, chant or dream." (*Publisher's Weekly, Religion Bookline, Dec 7, 2005*)

"These gentlemen have come up with a new form of spiritual experiential magic that will change most people's views of reality." (*Magical Blend, Oct 2006*)

From the Back Cover

MEDITATION / SPIRITUALITY

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Life of an African Shaman

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--SANDRA INGERMAN, author of *Soul Retrieval: Mending the Fragmented Self Through Shamanic Practice*

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ROSS HEAVEN is a therapist and workshop leader in personal development and healing whose books include *Vodou Shaman*, *Spirit in the City*, and *The Journey to You*. SIMON BUXTON, author of *The Shamanic Way of the Bee*, is the founder/director of The Sacred Trust in England, dedicated to the teaching of practical shamanism for the modern world. Both authors live in England and teach Darkness Visible workshops internationally.

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Sarah Stiles:

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