

Story XXIV / Ep. 25

→ Megan Hattersson
"Mary Magdalene Revealed"
(extract/quoted p. 11)

BEING HUMAN SERIES: DARKNESS

The 7 powers of Wrath - The 7 steps of Alchemy - The 7 levels of purification of our soul - The 7 octaves to climb up to transform + transmute all of human suffering

THE BLUEPRINT OF WHAT IT MEANS TO BE

HUMAN & divine

1 The perception of darkness...

- everything SCARY
UNKNOWN
DANGEROUS
LURKING
CREEPING
ILLEGAL.

EXERCISE 'EVALUATE YOUR POV'

↳ write out what words you associate with darkness.

DARKNESS IS

(as many as come to mind)

2 The wisdom of darkness...

- There is no light without it
- The universe is made up of POLARITY, DUALITY, BINARY CODES

This creates our lived reality

☯ duality, polarity are part of us too: DARKNESS is not to FEAR, AVOID, GET RID OF, REPRESS, RUN FROM.

DARKNESS IS A OPPORTUNITY TO CHOOSE.

3 The reframing of darkness...

our perception holds us back from seeing darkness as a crossroads

- cold calm
- lonely quiet
- unknown new things
- scary develop courage
- dangerous expand perceptions
- uncomfortable grow
- painful heal + integrate

EXERCISE "REFRAME YOUR POV"

↳ take the list from your exercise to the left + try to come up with the reframing opposite!

DARKNESS IS YET IT'S ALSO

4 DEPRESS VS EX

DE-PRESSION VS EXPRESSION!
RE-PRESSION
SU-PRESSION

OPPOSITE OF DEPRESSION IS NOT HAPPINESS: IT'S TO EXPRESS YOURSELF!

IS a spectrum, individual, demanding your self.

IT IS: no purpose, no sense of inner or outer belonging, a loss of your voice, your inner guidance, your calling, the expression of who you are + that you DO BELONG.

"At the end of all our exploring WILL BE TO ARRIVE WHERE WE STARTED. And know the place for the first time." IT.S. Eliot

- DARKNESS IS CYCLICAL - we are only able to recognise and know so much.
- layer upon layer will be shed + that is painful, both the process + the discoveries
- it gets deeper + deeper

IT'S LIKE TRAINING A MUSCLE, THE MORE YOU DO IT, THE MORE IT BECOMES OUR TOUGH-LOVE FRIEND.

EXERCISE "ASSEMBLE YOURSELF"

- no one else is coming
- IF YOU WANT IT, STAY COMMITTED + WORK ON IT
- find your own rhythm
- TREAT YOURSELF LIKE YOU'RE YOUR BEST FRIEND
- HOW DOES CONSISTENCY LOOK FOR YOU?
- ALLOW YOURSELF TO ADJUST, RE-ASSESS, TRYOUT DIFFERENT APPROACHES

EXERCISE "NO HERMIT"

- it's okay to withdraw, take time + be by yourself
- other HUMANS MIRROR BACK TO US, they are able to help us realise blind spots about our self
- find community therapy trust worthy environments

TO PRACTICE THE EXPRESSION OF YOUR SELF.

going into your darkness, healing + integrating, exploring your depth IS NOT GRACEFUL PRETTY EFFORTLESS.

experiencing darkness is work to REDISCOVER all of your SELF AUTHENTICITY PAINS DARK THOUGHTS INNER VOICE

&

NOT BEING AFRAID TO LOOK AT IT,
DECIDE IF YOU WANT TO WORK WITH IT,
AND AFTERWARDS TO let go OR keep transmute integrate