



The Dark Night of the Soul: A Psychiatrist Explores the Connection Between Darkness and Spiritual Growth

By Gerald G. May

[Download now](#)

[Read Online](#) 

The Dark Night of the Soul: A Psychiatrist Explores the Connection Between Darkness and Spiritual Growth By Gerald G. May

Gerald May, MD, the esteemed younger brother of the late famed psychiatrist and writer Rollo May, MD, is one of the great spirituality teachers and writers of our time. And his merging of psychiatric analysis and counselling into deep spirituality is unique and highly esteemed.

In this book, he argues that the dark "shadow" side of the true spiritual life has been trivialized and neglected to our serious detriment. Superficial and naively upbeat spirituality does not heal and enrich the soul. Nor does the other tendency to relegate deep spiritual growth to only mystics and saints. Only the honest, sometimes difficult encounters with what Christian spirituality has called and described in helpful detail as "the dark night of the soul" can lead to true spiritual wholeness. He emphasizes that the dark night is not necessarily a time of suffering and near despair, but a time of deep transition, search for new orientation when things are clouded and full of mystery. May draws on the resources of great Christian spiritual teaching and writing on the Dark Night, especially by Sts. John of the Cross and Teresa of Avila, and on other spiritual traditions, psychiatric ideas and writing, and on great poetry and other literature. *The Dark Night of the Soul* embraces the universal spiritual experience of disorientation, doubt, fear, emptiness, "dryness," despair, and the like, all of which are ingredients in developing a mature, authentic spiritual life. The dark gives depth, dimension, fullness to the spiritual life.

 [Download The Dark Night of the Soul: A Psychiatrist Explore ...pdf](#)

 [Read Online The Dark Night of the Soul: A Psychiatrist Explo ...pdf](#)

The Dark Night of the Soul: A Psychiatrist Explores the Connection Between Darkness and Spiritual Growth

By Gerald G. May

The Dark Night of the Soul: A Psychiatrist Explores the Connection Between Darkness and Spiritual Growth By Gerald G. May

Gerald May, MD, the esteemed younger brother of the late famed psychiatrist and writer Rollo May, MD, is one of the great spirituality teachers and writers of our time. And his merging of psychiatric analysis and counselling into deep spirituality is unique and highly esteemed.

In this book, he argues that the dark "shadow" side of the true spiritual life has been trivialized and neglected to our serious detriment. Superficial and naively upbeat spirituality does not heal and enrich the soul. Nor does the other tendency to relegate deep spiritual growth to only mystics and saints. Only the honest, sometimes difficult encounters with what Christian spirituality has called and described in helpful detail as "the dark night of the soul" can lead to true spiritual wholeness. He emphasizes that the dark night is not necessarily a time of suffering and near despair, but a time of deep transition, search for new orientation when things are clouded and full of mystery. May draws on the resources of great Christian spiritual teaching and writing on the Dark Night, especially by Sts. John of the Cross and Teresa of Avila, and on other spiritual traditions, psychiatric ideas and writing, and on great poetry and other literature. *The Dark Night of the Soul* embraces the universal spiritual experience of disorientation, doubt, fear, emptiness, "dryness," despair, and the like, all of which are ingredients in developing a mature, authentic spiritual life. The dark gives depth, dimension, fullness to the spiritual life.

The Dark Night of the Soul: A Psychiatrist Explores the Connection Between Darkness and Spiritual Growth By Gerald G. May **Bibliography**

- Sales Rank: #263840 in Books
- Published on: 2004-02-03
- Released on: 2004-02-03
- Original language: English
- Number of items: 1
- Dimensions: 8.25" h x .81" w x 5.50" l,
- Binding: Hardcover
- 224 pages

 [Download The Dark Night of the Soul: A Psychiatrist Explore ...pdf](#)

 [Read Online The Dark Night of the Soul: A Psychiatrist Explo ...pdf](#)

Download and Read Free Online The Dark Night of the Soul: A Psychiatrist Explores the Connection Between Darkness and Spiritual Growth By Gerald G. May

Editorial Review

Users Review

From reader reviews:

Cornell Warren:

Have you spare time for just a day? What do you do when you have considerably more or little spare time? Sure, you can choose the suitable activity for spend your time. Any person spent their own spare time to take a go walking, shopping, or went to the particular Mall. How about open or perhaps read a book titled The Dark Night of the Soul: A Psychiatrist Explores the Connection Between Darkness and Spiritual Growth? Maybe it is to be best activity for you. You recognize beside you can spend your time along with your favorite's book, you can better than before. Do you agree with its opinion or you have other opinion?

Marcos Anderson:

Reading a e-book tends to be new life style with this era globalization. With looking at you can get a lot of information that will give you benefit in your life. Together with book everyone in this world can easily share their idea. Ebooks can also inspire a lot of people. A great deal of author can inspire their particular reader with their story or perhaps their experience. Not only situation that share in the ebooks. But also they write about the data about something that you need example. How to get the good score toefl, or how to teach your kids, there are many kinds of book that exist now. The authors on this planet always try to improve their proficiency in writing, they also doing some analysis before they write on their book. One of them is this The Dark Night of the Soul: A Psychiatrist Explores the Connection Between Darkness and Spiritual Growth.

Willie Letchworth:

Do you have something that you want such as book? The reserve lovers usually prefer to select book like comic, short story and the biggest one is novel. Now, why not trying The Dark Night of the Soul: A Psychiatrist Explores the Connection Between Darkness and Spiritual Growth that give your entertainment preference will be satisfied by simply reading this book. Reading behavior all over the world can be said as the opportunity for people to know world a great deal better then how they react to the world. It can't be stated constantly that reading practice only for the geeky man or woman but for all of you who wants to always be success person. So , for all you who want to start reading through as your good habit, you could pick The Dark Night of the Soul: A Psychiatrist Explores the Connection Between Darkness and Spiritual Growth become your current starter.

Harold Scott:

This The Dark Night of the Soul: A Psychiatrist Explores the Connection Between Darkness and Spiritual Growth is new way for you who has fascination to look for some information because it relief your hunger details. Getting deeper you in it getting knowledge more you know or else you who still having small amount of digest in reading this The Dark Night of the Soul: A Psychiatrist Explores the Connection Between Darkness and Spiritual Growth can be the light food for you personally because the information inside this book is easy to get through anyone. These books develop itself in the form that is reachable by anyone, sure I mean in the e-book contact form. People who think that in guide form make them feel drowsy even dizzy this e-book is the answer. So there isn't any in reading a book especially this one. You can find actually looking for. It should be here for you actually. So , don't miss the idea! Just read this e-book kind for your better life in addition to knowledge.

Download and Read Online The Dark Night of the Soul: A Psychiatrist Explores the Connection Between Darkness and Spiritual Growth By Gerald G. May #S79DQ2051GE

Read The Dark Night of the Soul: A Psychiatrist Explores the Connection Between Darkness and Spiritual Growth By Gerald G. May for online ebook

The Dark Night of the Soul: A Psychiatrist Explores the Connection Between Darkness and Spiritual Growth By Gerald G. May Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Dark Night of the Soul: A Psychiatrist Explores the Connection Between Darkness and Spiritual Growth By Gerald G. May books to read online.

Online The Dark Night of the Soul: A Psychiatrist Explores the Connection Between Darkness and Spiritual Growth By Gerald G. May ebook PDF download

The Dark Night of the Soul: A Psychiatrist Explores the Connection Between Darkness and Spiritual Growth By Gerald G. May Doc

The Dark Night of the Soul: A Psychiatrist Explores the Connection Between Darkness and Spiritual Growth By Gerald G. May MobiPocket

The Dark Night of the Soul: A Psychiatrist Explores the Connection Between Darkness and Spiritual Growth By Gerald G. May EPub

S79DQ2051GE: The Dark Night of the Soul: A Psychiatrist Explores the Connection Between Darkness and Spiritual Growth By Gerald G. May