

Las Noches Oscuras Del Alma Dark Nights Of The Soul

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casi todos en algún momento hemos atravesado períodos de tristeza duelo frustración o fracaso tan duraderos y angustiosos que podrían calificarse de noches oscuras del alma así los denomina el teólogo y psicoterapeuta thomas moore que a lo largo de años de práctica clínica ha aprendido a extraer los grandes dones que encierran con su tono afectuoso y su filosofía accesible nos guía en esta obra apasionante por las distintas fases del viaje a la oscuridad a la vez que ofrece herramientas para comprender su sentido esta metafórica noche oscura dice moore es una verdadera iniciación espiritual y una oportunidad única de conocer las necesidades más profundas del alma un matrimonio difícil un hijo con problemas la pérdida de un

cónyuge o de un pariente cercano una traición la aflicción forma parte de la vida humana tanto como la alegría sin embargo en algunos casos los episodios difíciles pueden sumirnos en un angustioso túnel emocional que experimentamos como una auténtica ruptura del ser y nos arrebatamos la alegría misma de vivir la sociedad tiende a etiquetar estos períodos con términos clínicos considerándolos un obstáculo a superar cuanto antes pero qué sucede cuando decidimos vivirlos con valor y confianza entonces nos sumergimos en lo que thomas moore denomina la noche oscura del alma un misterioso viaje hacia lo desconocido una iniciación espiritual que nos aportará la más profunda comprensión del sentido de la vida con sinceridad e inteligencia thomas moore se brinda a hacernos de guía en esta transición a través de temas como el poder sanador de la melancolía el consuelo en la enfermedad y en la vejez la relación entre la creatividad la espiritualidad y las crisis emocionales la búsqueda de sentido y belleza en la oscuridad y al final del viaje quizá el más difícil que hayamos emprendido jamás nos espera la gran recompensa la clave para acceder a nuestra esencia al centro mismo de nuestro ser donde descubriremos quiénes somos y quiénes deseamos ser

la vida está llena de momentos luminosos pero también de desafíos que ponen a prueba nuestra fortaleza a veces las dificultades parecen acumularse la pérdida del trabajo una crisis económica la enfermedad de un ser querido el agotamiento emocional todo sucede al mismo tiempo generando una sensación de caos y vulnerabilidad que nos sumerge en lo que fer broca denomina la noche oscura del alma en este libro el autor nos ofrece un acompañamiento amoroso para comprender y atravesar estos periodos de incertidumbre con claridad y sabiduría nos ayuda a reconocer cuándo estamos en una noche oscura cómo debemos afrontarla y qué enseñanzas podemos extraer de ella a través del tarot y otros recursos espirituales nos guía en un proceso de introspección y crecimiento personal y nos demuestra que incluso en la tormenta tenemos herramientas para recuperar la calma y encontrar sentido en medio de la oscuridad la noche oscura del alma no es el final sino una invitación a descubrir la luz que emerge después del caos y la transformación que nos espera al otro lado

se analiza la relación de la obra poética y teatral de t s eliot con la doctrina de san juan de la cruz expuesta en sus grandes tratados ascético místicos y en su poesía esto nos revela afinidades que van más allá de lo que hasta ahora se había señalado entre la obra del carmelita y los ariel poems ash wednesday murder in the cathedral the family reunion

the works of juan de la cruz contains numerous passages dealing with human cognition both ordinary and mystical this study traces san juan s examination of the mystic s knowledge in and through god the sixteenth

century spanish thinker stresses that conditionality is a fundamental character of all human knowledge and brings to light a complex movement of contiguity between one and another mode of cognitive activity also discussed is the expression through the instruments of prose and poetry of the mystic s supereminent and therefore ineffable experience of knowledge and love relying upon juan de la cruz s own texts it is shown how a relative communication can be effected despite the barriers separating mystical from ordinary cognition

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