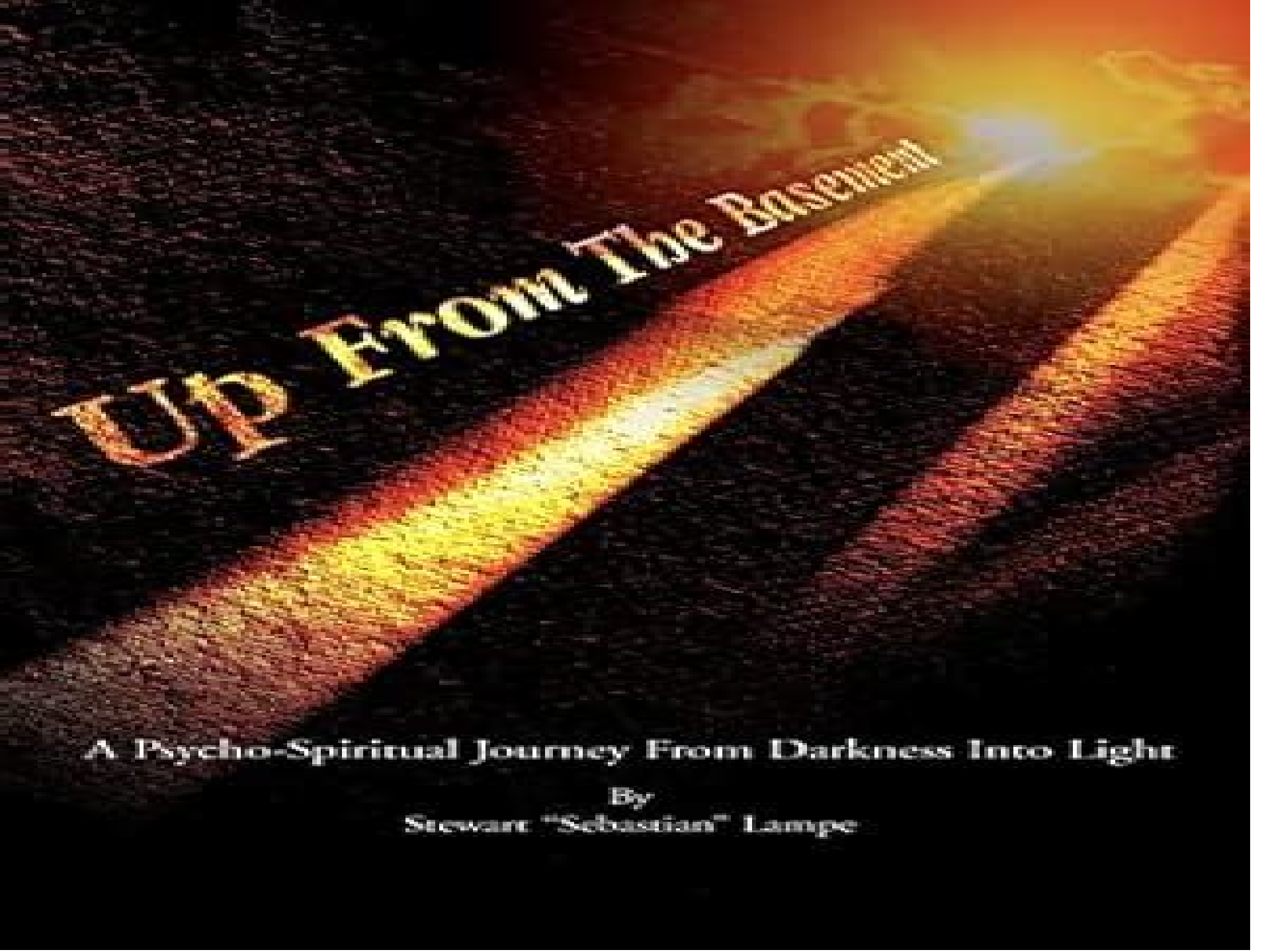




UP From The Basement

A Psycho-Spiritual Journey From Darkness Into Light

By
Stewart "Sebastian" Lampe

Up From The Basement A Psycho Spiritual Journey From Darkness Into Light

SB Merriam



Up From The Basement A Psycho Spiritual Journey From Darkness Into Light:

Up From The Basement Stewart S. Lampe, 2002 *Up From The Basement* is an intense personal story about the author who rides an emotional roller coaster as he struggles with his need for psychological recovery and change. Written in a first person narrative style, this non-fiction work reads like a novel. The reader is swept into the world and mind of the author as he immerses himself into a maze of self-inquiry. He unravels the layers of self-imposed protection that developed into barriers to the awareness of his inner strength. Motivated by his desire to understand himself and responsibility to eventually help others, this psychological tale challenges the reader to pause for self-reflection while it chronicles the author's ongoing pains and struggles. This insightful flow of internal processing incorporates awareness at the physical, intellectual, emotional, and spiritual levels. The power of this work lies in the compelling stream of consciousness style that appears chaotic while mirroring the frantic thought processing of the author. The ongoing temptation will arise for the reader to compare and contrast his or her own personal traits and internal introspection. The story is interspersed with practical applications of the basic principles of *A Course In Miracles* while dealing with personal issues such as fear, depression, and forgiveness.

Freedom of Thought and Its Relation to Freedom of Expression WIESŁAW WACŁAWCZYK, 2019. Unlike freedom of speech, freedom of thought seems to be a natural attribute of humans. After all, thoughts are by contrast to words both inaudible and invisible and therefore they appear to be beyond the grasp of censors. In fact, the conviction that thoughts are really free is deeply rooted in different languages. For example, the famous Latin maxim *Cogitationis poenam nemo patitur* appears in English as *Thoughts are toll free*, in German as *Gedanken sind Zoll frei*, and in Polish as *Myśli są wolne od cła*. In sum, this maxim says that nobody can be punished for his thoughts, no matter how iniquitous they may be. Even though the assertion seems true, the problem is not so simple as it looks. From the Introduction. Books in Print Supplement, 2002. **Tarot**

and the Archetypal Journey Sallie Nichols, 2019-05-01. This highly innovative work presents a piercing interpretation of the tarot in terms of Jungian psychology. Through analogies to the humanities, mythology, and the graphic arts, the significance of the cards is related to personal growth and what Jung termed individuation. The Major Arcana becomes a map of life, and the hero's journey becomes something that each individual can relate to one's personal life. Sallie Nichols, in her profound investigation of the Tarot, has performed an immense service. Her book enriches and helps us to understand the awesome responsibilities laid upon consciousness. She has done this not in an arid fashion but derived from her own experience of the Tarot and its strangely translucent lights. As a result, her book not only lives but quickens life in whomever it touches. Laurens van der Post. **The New York Times Book Review**, 1978. The Christian Advocate, 1916. **The Listener**, 1970-04.

Out of Darkness Into His Marvelous Light Corinne Ennis, 2016-06-23. This book is written for all those who have lost hope, who are misunderstood or suffer in silence because they fear no one will understand the unusual darkness they encounter in order to find freedom and inner peace. This is the story of my life as an overcomer from the consequences of the

occult It gives an account of how the Lord Jesus Christ took me out of a desperate and impossible situation out of the grips of hell and totally restored me and set me free I am forever grateful What the Lord has done for me He will do for you He is no respecter of person So I dare you to ask Him and trust in Him to make something beautiful out of your life *From Darkness Into Light: My Journey* Mark Buckley, 2020-02-20 In the late 1960s thousands of young people all over America left their homes and headed to the West Coast They drove in vans hitchhiked and rode buses toward San Francisco They were on spiritual quests searching for meaning and purpose in life and enticed by tales of hippies whose lifestyle revolved around sex drugs and rock n roll music Growing up near San Francisco Mark plunged into the counterculture He eventually wanted more than what the hippies offered so he headed east searching for meaning and purpose Along the way he experienced a myriad of adventures which he eventually came to realize were not simply luck or chance encounters This is the story of how this once troubled young man who began searching for meaning was redeemed by a loving God and transformed into a renowned pastor and loving husband and father **From Darkness Into the Light** Michael Sleeth, 2015-05-02 This is the journey of one man a simple soul who was thrust into a journey from darkness that ended up reaching and grasping to the light It is a journey of trial error stumbling and eventually coming to give his life to Christ where his whole life was turned upside down and put on a path to be a beacon to others His life was changed transformed and moved to provide insight into the spirit world paranormal and even the demonic realm Come see how your life can change and get prepared for the battle of your very soul Come see the light of the Spiritual Warfare battlefield and gain the wisdom to defend yourself against evil itself Come out of your darkness come into the Light *Waking Up to the Dark* Clark Strand, 2015-04-28 In the tradition of Thomas Merton s spiritual classic *The Seven Storey Mountain* or Thomas Moore s *Care of the Soul* *Waking Up to the Dark* is a deeply resonant and personal project a modern gospel that is an investigation of the relationship between darkness and the soul The darkness Clark Strand is talking about here is literal the darkness of the nighttime of a world before electricity when there was a rhythm to life that followed the sun s rising and setting Strand here offers penetrating insight into the spiritual enrichment that can be found when we pull the plug on our billion watt culture He argues that the insomnia so many of us experience as the Hour of the Wolf is really the Hour of God a wellspring of rest and renewal and an ancient reservoir of ancestral wisdom and inspiration And in a powerful yet surprising turn he shares with us an urgent message for the world received through a mysterious young woman about the changes we all know are coming *Waking Up to the Dark* is a book for those of us who awaken in the night and don t know why we can t get back to sleep and a book for those of us who have grown uncomfortable in real darkness which we so rarely experience these days since our first impulse is always to turn on the light Most of all it is a book for those of us who wonder about our souls When the lights are always on when there is always noise around us do our souls have the nourishment they need in which to grow Praise for *Waking Up to the Dark* A celebration of the life enriching indeed indispensable properties of the night Strand delivers a significant amount of

experiential melding to existential thoughtfulness in this book about the sublime and elemental powers of the dark An exigent affecting summons to rediscover the night Kirkus Reviews This book is small in size and mighty in spirit It is at once a clarion call and a meditation Sonorous deep soul stirring and profoundly comforting Waking Up to the Dark is a rare book that will be pressed from one hand to the next with the urgent whispered words You must read this Dani Shapiro author of Devotion In a modern world flooded with artificial light Clark Strand reminds us what we have left behind in the dark This beautiful haunting meditation is filled with surprises and lost knowledge Read it by candlelight you will never forget it Mitch Horowitz author of Occult America and One Simple Idea In this exhilaratingly original work Clark Strand shows us that the key to enlightenment lies where we don't want to look It is hidden in plain sight but we have to turn the lights off to find it Mark Epstein M D author of Going to Pieces Without Falling Apart and The Trauma of Everyday Life Breathtaking and revolutionary a small masterpiece for a world that has grown uncomfortable with the darkness and a poignant plea to take back the dark as the Hour of God as the great friend of faith awakening and soul nourishment Gail Straub co founder of Empowerment Institute and author of Returning to My Mother's House Wonder solitude quiet intimacy the holy darkness holds these treasures and more If we want to connect with God argues Strand in this wise and compassionate book we will awaken to the dark Paul Bogard author of The End of Night

From Dark to Light Dawn Barlow, 2019-05-23 *From Dark To Light* tells the remarkable story of Dawn's journey pulling herself out of the dark with the help of those from the other side Born into an abusive family Dawn takes you into her personal darkness as she struggles to walk the path of light During these times the spirit world reaches out to her patiently waiting for her to awaken to them and to her own spiritual gifts Dawn endures many tragedies including a suicide the loss of numerous loved ones and a fire that destroyed everything she owned In her darkest hours thoughts of suicide constantly filled her head Through the many miracles from the world of spirit she comes to realize her gift of mediumship and her life purpose of enlightening others to those in the world of spirit Dawn soon learned not only can she connect to loved ones but also to prominent souls like Jesus Christ Mother Mary Moses Archangels Carrie Fisher Michael Jackson Lizzie Borden and many more This book includes conversations between Dawn and some of those who have come forth to her in spirit *Dark to Light* is not only a gift from Dawn to you but also a gift from the spirit world so you can understand their world more intimately This book takes you on a journey from dark to light and everything in between

Darkness Visible Ross Heaven, Simon Buxton, 2005-11-16 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 **Emerging from Darkness** Brianna Ladapo, 2023-06-27 One woman's extraordinary journey from a life of physical and emotional pain to health and wholeness This book is about the divine personal journey from the darkness into the light and the collective journey we have undertaken as human beings incarnated on earth at this spectacular moment of transformation to move out of the separation consciousness that keeps us locked into patterns of conflict suffering and destructive behavior The author takes us through her troubled tumultuous childhood in a deeply religious family who believed her extraordinary intuitive gifts to be the work of the devil As she struggled to adapt to a world in which she felt completely alien her desire for self preservation and acceptance led her to actively suppress these gifts The result was a great deal of suffering including chronic migraines that regularly put her in the hospital severe physical illness that nearly killed her persistent dark visions of tragedies she could not prevent and countless sexual traumas and abuses that seemed to define every relationship in her formative years This led to a deep distrust and fear of others incredible self doubt and loathing and ultimately a very dark depression Finally an encounter with a divinely gifted healer reawakened her gifts and taught her how to truly free herself from her trauma and experience a life she loves invulnerable to programming fear shame or external influences The author's experience serves both as loving encouragement for all those suffering under the current reality and as a practical guide for reclaiming your sovereign soul discovering your true purpose and finding the courage to pursue it fearlessly *Becoming the Light* Vivianne Nantel, 2018 From untruth to truth darkness to light ignorance to enlightenment this is Vivianne Nantel's journey Intimately chronicling Vivianne's quest to overcome a battered childhood survive depression advanced breast cancer and near death experiences along with her journey seeking in India *Becoming the Light* is more than a compelling spiritual memoir it is a moving odyssey You can join the author as she walks the spiritual path with several enlightened masters such as Yogiraj Gurunath Siddhanath His Holiness Sri Sri Ravi Shankar His Holiness the Dalai Lama and Vasudev Sadhguru Jaggi *Becoming the Light* Realize Your True Enlightened Nature can be a gateway to unleashing your true and blissful nature Filled with wisdom and spiritual knowledge it is a narrative of duality and transcendence expressed in all its nuances Vivianne shares invaluable knowledge about the science of yoga consecration and mysticism the many forms of love transcendence in the pursuit of self realization Whether you are already on a journey for well being and enlightenment or just

at its threshold may this book provide the insights inspiration and courage you need in order to find your way *In Search of Enlightenment: A Journey through Darkness to the Light* Pasquale De Marco, 2025-04-30 In *In Search of Enlightenment A Journey through Darkness to the Light* Pasquale De Marco invites you on a transformative journey toward enlightenment a path that leads to a deeper understanding of yourself your purpose and the world around you Through a collection of insights reflections and practical exercises this book provides a roadmap for navigating the challenges of life and unlocking your inner light Whether you are just beginning your spiritual journey or you are seeking to deepen your understanding of the world *In Search of Enlightenment A Journey through Darkness to the Light* has something to offer you This book explores the nature of darkness and its impact on our lives and it provides tools and practices for overcoming challenges and rediscovering our true nature *In Search of Enlightenment A Journey through Darkness to the Light* delves into the power of faith the importance of self reflection and the role of community in our spiritual growth It offers a unique perspective on the journey of enlightenment emphasizing the importance of embracing challenges as opportunities for growth and transformation Through the pages of this book you will discover The nature of darkness and its impact on our lives The tools and practices for navigating challenges and rediscovering our true nature The power of faith the importance of self reflection and the role of community in our spiritual growth How to embrace challenges as opportunities for growth and transformation How to live a life filled with purpose meaning and joy *In Search of Enlightenment A Journey through Darkness to the Light* is more than just a book it is a guide a companion and a source of inspiration on your journey toward enlightenment With its insightful reflections and practical exercises this book will help you to Understand the nature of darkness and its impact on your life Develop tools and practices for overcoming challenges and rediscovering your true nature Cultivate faith self reflection and a strong sense of community Embrace challenges as opportunities for growth and transformation Live a life filled with purpose meaning and joy If you are ready to embark on a transformative journey toward enlightenment then *In Search of Enlightenment A Journey through Darkness to the Light* is the book for you Open your mind embrace new ideas and be prepared to discover a deeper understanding of yourself your purpose and the world around you If you like this book write a review on google books *Retreat Into Darkness* Saskia John, 2014-12-10 In 2003 and 2005 the author experienced two dark therapy retreats For a period of 12 and 24 days respectively in the confines of a completely darkened room and in the absence of any external distractions Saskia John was confronted exclusively with herself for 24 hours of every day The only interruption was a one hour daily debriefing session with her facilitator Both journeys into the depths of her soul served to expand her consciousness as well as presenting experiences of an exploratory integrational and adventurous nature She was able to investigate hitherto unknown territory which often took her to her personal limits and at times even beyond The account presents a cross section of the experiential spectrum of the human psyche and is aimed at readers interested in the subject areas of psychology transformation spirituality mysticism healing of the Inner Child lucid dreaming dream analysis

deep meditation Tai Chi fasting and Beingness experiences *A Light in the Darkness* Phyllis E. Leavitt, 2017-05-09 In the most extraordinary way the wisdom of this book invites you to fall in love with the human condition and offers endless compassion for every Soul walking the planet *A Light in the Darkness* is the true story of an incredible visitation from God that began for Phyllis Leavitt in 1994 at the darkest time of her life Although she had prayed for God's help she was totally unprepared when one day God literally spoke There was no question that a source of Divine Love and profound Wisdom came to her as she wrote in her journal She was taken on a startling and sometimes terrifying journey through past lives and way beyond that to a new understanding of what all our Souls are doing here in human form and where Soul wants to take us Her personal story is one footprint on the long road we have all walked as human beings a small opening into a vast inpouring of Light on the Road Home *A Light in the Darkness* will open your heart to the Divine meaning and purpose of all human struggle and it will open your mind to your personal place in God's Love and the evolution of human consciousness **From Darkness to Light** Berdj Kenadjian, 2006 *From Darkness to Light* is the true story of how two little known men guided by unseen celestial forces confronted and overcame overwhelming obstacles to create a new understanding of the root causes of world disorder and its bitter fruit of widespread anxiety *From Darkness Back to Light* Stefania M, 2024-05-19 Step into the transformative journey of Stefania M as she unveils her soul stirring odyssey in *From Darkness Back to Light* A Phoenix Roaring Monochrome Edition In this captivating blend of personal narrative philosophical musings and spiritual exploration Stefania M fearlessly delves into the depths of her past navigating the shadows of childhood traumas with raw honesty and unwavering courage Through the lens of spiritual awakening Stefania M invites readers to witness her profound metamorphosis navigating the shadows of her past toward the radiant illumination of self discovery and sharing her profound insights into forgiveness spirituality and the nature of reality Within these pages Stefania M not only shares her narrative but also imparts profound spiritual truths gleaned from her experiences to thought provoking theories about the spiritual realm and thus Stefania M invites readers to join her on a quest for understanding and enlightenment As she traverses the labyrinth of her psyche Stefania M delves into philosophical theories offering profound insights into the nature of reality and existence itself *From Darkness Back to Light* A Phoenix Roaring is more than just a book it's a beacon of hope and resilience in a world often shrouded in darkness As Stefania M's debut literary offering it serves as a testament to the power of the human spirit and the boundless capacity for growth and transformation Readers are encouraged to embrace empathy and kindness as they embark on this extraordinary journey of self discovery and spiritual enlightenment alongside her

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