

YOUR OWNER'S MANUAL FOR LIFE ~ Source Code of Your Soul  
*Creating You and Facilitating Your Life*

**Chapter 8: Healing Crisis ~ System Overload ~ Reboot and Rejuvenate**  
~ **Additional Resources** ~

**THE DARK NIGHT OF THE SOUL**

St John of the Cross (Juan de la Cruz)

On a dark night,  
Kindled in love with yearnings—oh, happy chance!—  
I went forth without being observed,  
My house being now at rest.

In darkness and secure,  
By the secret ladder, disguised—oh, happy chance!—  
In darkness and in concealment,  
My house being now at rest.

In the happy night,  
In secret, when none saw me,  
Nor I beheld aught,  
Without light or guide, save that which burned in my heart.

This light guided me  
More surely than the light of noonday  
To the place where he (well I knew who!) was awaiting me—  
A place where none appeared.

Oh, night that guided me,  
Oh, night more lovely than the dawn,  
Oh, night that joined Beloved with lover,  
Lover transformed in the Beloved!

Upon my flowery breast,  
Kept wholly for himself alone,  
There he stayed sleeping, and I caressed him,  
And the fanning of the cedars made a breeze.