

Dark Retreat – Since Thousands of Years, a Royal Road to Enlightenment

After many long and intense years of living in India exploring the depths of meditation, I turned to darkness. Following my own very impressive experiences with darkness, I realized for myself that this particular retreat is one of the fastest ways to achieve high-energy spiritual experiences and self-discovery.

In a dark retreat, you submerge yourself into a truly complete darkness for a long, extended period of time. As visual perception is turned off completely, the largest source of distraction for consciousness development is removed. As a result, a state of expansion of consciousness and often deep spiritual experiences, which can only be achieved after long years of meditation practice, is established by itself. Perception and deep understanding of oneself, internal process, experience of primordial light, encounters with light forms, reincarnation and many other deep experiences become possible.

Since this time, I now have a wonderful dark retreat team at my side. Through experiencing darkness retreat ourselves, we have all been able to gather our own deep, very intense experiences and accompany others through the process. In this interview with Sabine, Sabrina and Adi Shakti, we give you an insight into our individual worlds of experience.

Bharati: What was your most impressive experience in the Dark Retreat?

Sabine:

It was an encounter with myself in a previous life. I saw images that showed me, completely without emotion, a city skyline, the name of the city, “Worms”, and how I, as a 5-year-old girl together with my mother, stood frozen in a field in front of the city. Later on, after researching the historical background of this event on the internet, I understood it and also recognized the city of Worms - again. This was very impressive.

Bharati: What was your greatest fear and did it happen?

Adi Shakti:

My greatest fear was very intense for me. I was afraid that some type of demon would manifest and appear before my eyes. But when the light went out, and I was alone in the darkness, I was surrounded by a deep, calm restfulness. I had no frightening experiences, except for a nightmare at the end of my retreat. It was all a very necessary part of my process to leave fears behind and grow.

Bharati: Has anything changed in your life through your dark retreat experience?

Adi Shakti:

Yes. Since then, I feel more calm within myself, and everything on the outside has become more calm and clear. The relationship with my mother changed fundamentally. She used to worry about me. After the dark retreat, she saw me and immediately noticed how truly happy and relaxed I became. Since then, she places more trust in me.

Bharati: Many participants have lights appear in the dark and see different things. How was it with you?

Sabrina:

I saw some very impressive things. Once I saw a clear red light appearing and shining from my right side. Immediately, I felt and knew that it was my aura showing itself in that very instant. Another time I just stood in the room and really looked into it. I had a very strong feeling arise inside me just from standing and looking. Then suddenly, a mosaic of red and purple colored lines or geometrical forms appeared, superimposed on each other in a multi-dimensional pattern.

Bharati: What is your greatest insight through your own DR process and facilitation?

Sabrina:

The environment, the impressions, situations that arise during the retreat and all that is created and comes out of the universal energy are wonderful tools for growth. I know that the power is entirely within myself and my choices, to choose which thoughts and emotions I will fill this space with. I can always go back and tap into this calm space within myself.

Bharati: What happened to you that you never expected?

Adi Shakti:

That I would laugh a lot in the dark. I went into the dark with much fear and then laughed so much at myself and the world. This was so good for me, and to see that everything can dissolve into nothing.

Bharati: What gave you security?

Adi Shakti:

It was good for me to know that there was always someone nearby. That there was an emergency alert system operating day and night. The mindful and attentive care given by the facilitators made me feel really well and provided comfort that allowed



for me to fully go into the space. Funnily, the darkness gave me a lot of security. She took me unconditionally in her arms.

Bharati: How was it when you saw light for the first time again?

Adi Shakti:

It was as if I saw the light of the world for the first time. I perceived the world as a whole and that there are miracles everywhere. Also the eyes are excited and happy to see things from before, which can also quickly become a bit exhausting.

Bharati:

Thank you all for the nice interview. In sum, one can say that darkness is a primal force for everyone that helps to develop ourselves personally and spiritually. If we expose ourselves to darkness and explore it for a longer period of time, we can experience an ever deeper and greater healing experience within us, our being and our strengths.

About the author Bharati Corinna Glanert

Bharati lived a deeply spiritual life in India for many years and since 2011, facilitates a variety of dark retreats in both Germany and India.

Together with her husband Martin and her team, she leads the seminar house "Source of Power - Spiritbalance Sadhana Ashram", located in the middle of the beautiful Black Forest. This is a special place for not only retreat and regeneration, but also for learning, sharing and a place where high spiritual experiences become possible.

For detailed information about Dark Retreats, visit:

www.darknessretreat.net