



# Guidance from the Darkness: The Transforming Power of the Divine Feminine in Difficult Times

*Mary Murray Shelton*

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## **Guidance from the Darkness: The Transforming Power of the Divine Feminine in Difficult Times**

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An exploration of our potential for personal transformation through experiences of pain and crisis.

Through years of working with congregants in pastoral care situations, Mary Murray Shelton, a popular leader with the United Church of Religious Science, has observed that difficult events and experiences in our lives are in fact opportunities for us to move forward in profound ways. *In Guidance from the Darkness*, she offers an alternative interpretation of what actually happens in those experiences of darkness, an interpretation that provides hope and steers the sufferer into new realms of power, love, beauty, strength, and success.

Reverend Mary explores the painful experiences of change, fear, anger, brokenness, and death. She describes seven Qualities of Being--attention, intention, choice, practice, surrender, intuition, and trust--which are tools we can use on a daily basis to help us successfully move through experiences of darkness. Going beyond symptom relief to the deeper causes of pain, she shows how our inner divine wisdom can custom-make for us a permanent healing that involves changing both behavior and thought.

*Guidance from the Darkness* is for everyone who wants to grow through pain rather than be shut down by it. Written with a fresh, contemporary honesty and filled with inspirational real-life stories and wise fables, it reveals how to listen to the darkness and find the key to freedom that is waiting there.

"Let this time of breaking down become a time of breaking through."--Mary Murray Shelton

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