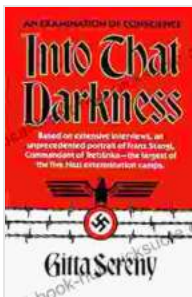


# Into That Darkness: An Examination of Conscience

In the depths of our souls, there lies a hidden realm—a realm of shadows and secrets, of unspoken desires and unfulfilled dreams. It is a place where our fears and insecurities dwell, where our deepest wounds are concealed.

This realm is our conscience, the inner voice that guides our moral compass and holds us accountable for our actions. It is a powerful force that can both protect and torment us, leading us down the path of righteousness or dragging us into the abyss of despair.



## Into That Darkness: An Examination of Conscience

by Gitta Sereny

★★★★☆ 4.6 out of 5

Language : English  
File size : 1065 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 395 pages  
Screen Reader : Supported



In his groundbreaking work, *Into That Darkness: An Examination of Conscience*, renowned theologian and spiritual director Fr. Thomas Keating explores the complex and often enigmatic nature of the conscience. Drawing from both ancient wisdom and modern psychology, Keating

provides a comprehensive guide to understanding and navigating this inner terrain.

## **The Nature of Conscience**

According to Keating, the conscience is not simply a list of rules or a set of moral absolutes. Rather, it is a dynamic and evolving force that is shaped by our experiences, our relationships, and our own unique personality.

The conscience is not always clear or easy to discern. It can be clouded by our emotions, our prejudices, and our own selfish desires. However, when we are attentive to its voice, it can guide us towards a deeper understanding of ourselves and our place in the world.

## **The Importance of Self-Examination**

Keating emphasizes the importance of regular self-examination as a way of deepening our understanding of our conscience. By taking the time to reflect on our thoughts, words, and actions, we can gain a clearer sense of our strengths and weaknesses, our virtues and our vices.

Self-examination is not about self-condemnation. Rather, it is about gaining a deeper awareness of our own inner workings so that we can make more conscious and informed choices.

## **The Role of Grace**

While the conscience is a powerful force for good, it is not infallible. We are all capable of making mistakes, and even the most well-intentioned people can fall short of their ideals.

This is where the role of grace comes in. Grace is the unmerited favor of God, and it is through grace that we are forgiven for our sins and given the strength to live a more virtuous life.

Grace is not a license to sin. Rather, it is a gift that empowers us to overcome our weaknesses and to live up to our full potential.

## **The Journey into Darkness**

Keating acknowledges that the journey into the depths of our conscience can be a challenging and even frightening one. We may encounter our own darkness, our own woundedness, and our own mortality.

However, it is in the darkness that we find our true selves. It is in the darkness that we learn to confront our fears, to heal our wounds, and to embrace our own unique path.

The journey into darkness is not one that we should undertake alone. It is a journey that requires the guidance of a spiritual director or other trusted mentor.

## **The Fruits of Self-Examination**

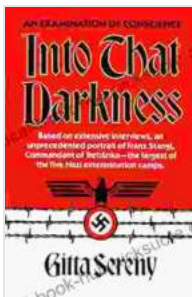
The fruits of self-examination are many and varied. By taking the time to explore the depths of our conscience, we can gain a deeper understanding of ourselves, our relationships, and our purpose in life.

Self-examination can lead to greater peace, clarity, and joy. It can help us to discern God's will for our lives and to live in greater harmony with our true selves.

*Into That Darkness: An Examination of Conscience* is a profound and transformative work that can help us to deepen our understanding of our own inner workings and to live a more authentic and fulfilling life.

By embracing the journey into darkness, we can access the hidden resources of our own souls and discover the true light that dwells within us.

: An image of a person sitting in contemplation in a dark room. The person's face is obscured by shadow, but their eyes are open and focused on a distant point. The image conveys a sense of introspection and self-reflection.



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