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### **“Simply Sane” By Gerald May, MD - A Spiritual Community**

He is the author of many books including Simply Sane and The Awakened Heart: Living Beyond Addiction. In this helpful resource, May gives an anatomy of the dark night of the soul and opens up some of its rich meanings through his assessments of the Christian mysticism of Teresa of Avila and John of the Cross in sixteenth century Spain.

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The yoga processes are simply ways to elevate oneself to enter into that abode. Actually we belong to that abode, but being forgetful, we are put in this material world. Just as a madman becomes crazy and is put into a lunatic asylum, so we, losing sight of our spiritual identity, become crazy and are put into this material world.

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