



LORA DEVORE

Lora DeVore is an author, therapist, educator and catalyst for transformational change for both individuals and systems. Her wisdom comes from the field of psychology, transpersonal development and spiritual psychology. Most importantly, it comes from the inside out, from facing the darkest aspects of human experience and mining the dark for the treasures that can be found.

In doing so, she has not only moved through post-traumatic growth, but beyond as she is transcending all previous limitations to living a Luminous Life.

"Darkness Was My Candle" is a story of horror and hope, a searing indictment of individual and institutional cruelty, and a soaring celebration of our human capacity to find light in the darkest places and saving grace in small kindnesses. Lora DeVore shows us how a terribly exploited, fearfully isolated, wounded child can learn to trust her own inner wisdom and grow into a deeply compassionate woman who brings hard won understanding and skillful healing to others. She inspires each of us to look within the darkness of our own life's traumas for the warmth and light of transformation. Lora DeVore is a wonder, and so is "Darkness Was My Candle".

- Janes S. Gordon, MD, Founder & CEO Center for Mind-Body Medicine

If you want to explore the darkest realms of human suffering and the potential of survival of unimaginable atrocities, this breathtaking journey into the abyss of trauma is a must-read. The author takes us on an excruciating process of excavation to retrieve her wounded soul from the hell of familial, systemic, and institutional violence. Illuminated most poetically with quotes from the wisdom traditions, is a healing path through a threatening perilous world of utter darkness to love, spiritual awakening, luminosity, and transcendence. Far from narrating only her personal history of abuse and exploitation, she reveals also the shocking collective shadow in psychiatric institutions, pharmaceutical companies and the therapeutic profession. I highly recommend this memoir of a transformative individuation process of dying and becoming.

- Ursula Wirtz, Dr PhD. Author of Trauma and Beyond. The Mystery of Transformation



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