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Greetings from
Dan Keusal

*“I would shelter you and keep you in light
But I can only teach you night vision.”
 (“Night Vision” by Suzanne Vega,
from the CD “Solitude Standing”)*

I once set out on a hike at night with a friend. I reached for my flashlight, but she told me that if I just gave my eyes the chance to adjust, I'd actually see more without it. Instead of following a narrow, artificial path of light, I learned to take in the night on its own terms; that which I had feared slowly revealed a great deal to me. Night often shows up in our lives in less literal forms—loneliness, depression, injustice, illness. And just as often we seek shelter in the equivalent of a flashlight—taking a pill, turning on the TV, buying “something nice.” All of these have their place, but reaching for them too soon may rob us of revelations that come only when we “let our eyes adjust.” Counseling and astrology can help us learn “night vision.” So can songwriters like Suzanne Vega, as well as novelists like Dan Brown, filmmakers like Sofia Coppola, poets like David Whyte, and others. Find the way that suits you best. And have a good hike.

~Dan

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