

Summer 2005



Reflections from
Dan Keusal

“One of the most calming and powerful actions you can do to intervene in a stormy world is to stand up and show your soul. Soul on deck shines like gold in dark times. The light of the soul throws sparks, can send up flares, builds signal fires, causes proper matters to catch fire...Struggling souls catch light from other souls who are full lit and willing to show it.”

~Clarissa Pinkola-Estes

I was hurrying through the lobby of a large downtown office building, late for a meeting. I glanced up and saw a woman coming toward me in similar haste. She met my gaze, and for just an instant the question passed between us—what are two strangers to do here? She nodded and broke into a warm smile. I smiled warmly in return, and we continued on our separate ways. Without a word spoken, two signal fires were kindled, ready to throw sparks so that other proper matters might catch fire. In his book *Peace Is Every Step*, Buddhist monk Thich Nhat Hanh echoes Pinkola-Estes’ wisdom when he writes “The source of a true smile is an awakened mind.” So stand up and show your soul—on the street, in meetings, in line at the grocery store. There’s no telling who might catch the light, or what might be awakened.

~Dan

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