

January 2006



Reflections from
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*“To suffer one’s confusion is the first step in healing.”
~ Robert Johnson*

We all feel confused from time to time. What if this were treated as an opportunity to be embraced rather than a problem to be solved? “To suffer one’s confusion...” The roots of the word suffer mean “to bear or allow”—think of the labor pains that allow something new to be born. To suffer your confusion means to bear with uncertainty, to invite it to the table, and allow it to teach you something. Confusion about relationship evokes deeper intimacy. Confusion about work points toward a truer calling. Confusion about “the truth” invites revelation. Certainty *feels* better than confusion—for a while. Then confusion, like a molting crab, calls you to cast off the shell that has grown too small for you, and seek new possibilities. Paul Owen Lewis’s *Grasper*, a parable about the soul disguised as a children’s book, tells just this story. In the New Year, may your own story allow for confusion—as a first step toward healing and joy.

~Dan

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