

"Living With Purpose and Passion"

The Dan Keusal Email Newsletter

Summer 2007

Hello! Many of you receive my occasional "Reflections" postcards in the mail. I appreciate the comments you've sent about the ways they've spoken to you. In addition to those postcards, I'll now be sending out this e-newsletter, with information on helpful resources (books, movies, music, web sites, and more), inspirational quotes, reflections from my work as a counselor & astrologer, and news about my work, including upcoming lectures, workshops, and other events.

Here we go...

In this email:

Upcoming workshops & lectures

Resources for a richer life

Quotes for inspiration & action*

Essay: "Everyday Rituals"

About Dan Keusal's Counseling & Astrology services

Closing message: send your feedback

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Upcoming Workshops & Lectures by Dan Keusal:

"They Followed A Star: Astrology & Christianity As Allies On The Journey." A three-week class I'll be teaching at St. Andrew's Episcopal Church in Seattle (December 3, 10, and 17, 2007 from 7:00 – 8:30 each night). I see many disciplines—psychology, spirituality, astrology, and the arts, to name just a few—as "cousins in soul-making" that have become alienated down through history. This class is part of my attempt to facilitate the "family reunion," to find common ground—in this case between astrology and the Judeo-Christian tradition. Here's the class description: "Just as the Magi followed a star to find Jesus, we can look to the stars for help in discerning Spirit's plan for us. Drawing on biblical theology, psychology, music, poetry, and more, we'll explore the connections between astrology & Christianity, and look at how astrology can support and deepen our journeys as men and woman seeking meaning and purpose in our lives." For more info visit www.dankeusal.com and click on "Workshops," or call me at (206) 523-1340.

"The Northwest Astrological Conference" (NORWAC), April 4-7, 2008. I'll be giving one lecture this coming year at NORWAC, one of the nation's oldest and most prestigious astrology conferences, with faculty and participants from all over the world. I'll send details on my lecture as soon as the schedule is set. I was also on the NORWAC faculty in 2003 and 2004, and enjoyed sharing ideas with both beginning students of astrology and other professionals. If you'd like to get a brochure or have questions about registration, call Laura Nalbandian, Conference Director, at (206) 930-7613; please mention my name when you register—it's part of how those of us on the NORWAC faculty earn our wages!

Resources for a richer life:

MOVIE: "Strange Relations." Successful New York psychiatrist Jerry Lipman (Paul Reiser, from "Mad About You") seems to have the perfect life—until he's diagnosed with Leukemia. When his mother (Olympia

Dukakis) tells him he's adopted, he goes to Liverpool in search of birth siblings who might provide bone marrow. In the encounters with his working class origins, he finds that "everything I thought I was, I'm not." This begins a series of meetings that are moving, funny, and ultimately life-changing, offering an intriguing glimpse at the possibilities of love and family life. The final scene with Jerry, his birth mother (Julie Walters), and his adoptive mother...is remarkable. NOTE: this film was also available under the alternate title "My Beautiful Son."

MUSIC: "Water's Edge" by Larry Murante. This CD showcases Murante's soaring vocals, his innovative and energetic guitar playing, and songwriting that poignantly and powerfully brings to life scenes ranging from the Seattle Police Department's stand-off with a samurai-sword wielding homeless man ("Streets of Seattle"), to the challenges of moving from adolescence through young adulthood to mid-life ("I Got Used To It"), to the title cut's tender portrayal of mentoring disguised as fishing. As good as this CD is, award-winning Seattle-based Murante is even better LIVE. For more info, including his concert schedule, visit www.larrymurante.com.

BOOK: "Ex Libris: Confessions of a Common Reader" by Anne Fadiman. I've often maintained that we can be enriched by reading ANY good book, not just the latest "self-help" or "spiritual" best-sellers. Fadiman's slim (162 pages) volume of essays about books and reading is a perfect example. What to learn about "relationships"? Read "Marrying Libraries," where Fadiman asserts she considered herself truly married only when she and her husband had merged their book collections, or "Never Do That To A Book," where she lays out the difference between "courtly" and "carnal" love—of books! Infused with humor and grace, "Ex Libris" is not just about books, it's about life.

RETREAT PROGRAM: Washington Courage & Renewal is a personal and professional renewal program that offers a variety of evening, day-long, weekend, and quarterly retreat programs aimed at "reconnecting who you are with what you do." I've been a participant myself in this year's programs and highly recommend all of Courage & Renewal's offerings both as a source of renewal and of deeply-shared community. For more info, visit www.wacouragerenewal.org, or call Sue Paro, Executive Director, at (206) 633-2888.

Quotes for Inspiration and Action:*

"To know and not to do...is to not yet know" (Chinese proverb)

"Not all who wander are lost" (J.R.R. Tolkien)

"What keeps you going isn't some fine destination, but just the road you're on, and the fact that you know how to drive." (Barbara Kingsolver)

"It is not good to be too nervous, but I think it's essential to be a little nervous: one ought to care that much." (Madeline L'Engle)

"The fates lead those who will. Those who won't, they drag." (bumper sticker)

[* NOTE: I took the title for this section right from the e-newsletter of my colleagues at The Reid Group; I tried to re-word it, but they got it SO right that I couldn't bear to change it. Think of it as an "homage." For more on the good work of The Reid Group, visit www.TheReidGroup.biz.]