

**From:** [Dan Keusal](#)  
**To:** [dankeusal@dankeusal.com](mailto:dankeusal@dankeusal.com)  
**Subject:** "Find your purpose, heal your pain, live with passion" (Autumn 2009)  
**Date:** Tuesday, September 29, 2009 10:02:32 AM

Email not displaying correctly? [View it in your browser.](#)



"Living With Purpose and Passion"

The Dan Keusal e-newsletterAutumn 2009

In This Issue

Quotes For Inspiration  
Essay: The Three "P"s  
3 Good Poems  
Music, Books, & More  
Upcoming Workshops  
Counseling & Astrology  
Privacy Policy, How to  
Unsubscribe

To view back issues of  
this newsletter, or to  
learn more about my  
work as a Counselor and  
Astrologer, visit my web  
site, [DanKeusal.com](http://DanKeusal.com), by  
clicking [here](#).

**Dear Dan,**

 Something just for you. Something that makes you smile, or touches the depths of your grief, or quiets your anxiety for just a moment. Something that you'll pass along, print out, share with a friend over coffee. That's what I hope you'll find in each issue of this newsletter.

This one ranges from baseball to goddesses, from poets to physicists, from a new perspective on Autumn to a dreaded marketing exercise that may have birthed something soulful (The Three "P"s). With that kind of variety, I trust you'll find the piece meant for you.

So scroll down, browse, click on a link, pause when something captures your attention. Not everything will speak to you, but I look forward to getting an email or a phone call about what does.

-Dan

---

Quotes for Inspiration and Action

"Be humble, for you are made of earth.  
Be noble, for you are made of stars."  
(Slavic proverb)

"An unexamined dream is like an unopened letter from God."  
(Talmud)

"Your imagination is your preview of life's coming attractions."  
(Albert Einstein)

"Such a price the gods exact for song: to become what we sing."  
(Goethe)

---

Essay: The Three "P"s--Purpose, Pain, Passion.

"Find your purpose, heal your pain, live with passion."

It's on my business cards. It's on every page of my web site. I've come to appreciate it's capacity to convey a bit of what I do.

Yet it began as an exercise in a marketing group for therapists, an exercise to which I was, at first, adamantly *opposed*. Each of us was to come up with a "tag line" for our practice, a few words to capture

the attention of potential clients. Tag lines are big in marketing and business coaching these days, but I felt such an approach was part of the problem with the way therapy is often practiced: reducing the mystery of the human condition to quick fixes and catchy slogans.

Begrudgingly, I gave the exercise a try. What emerged surprised and humbled me.

When people come to see me for counseling, it's usually because of some "problem" they are experiencing: stress, depression, anxiety, relationship struggles, dissatisfaction with their job, a disconnect from spirit, creativity gone AWOL. To put it another way, they are in *pain*.

Like a light on the dashboard, that pain points toward something, some part of their life that has become neglected or stagnant and needs attention. That "something" may be their *purpose*: why am I here? what does this mean? what's my place in the world? In the course of struggling with everyday concerns, it's easy to lose sight of the big picture, and the journey is that much harder when you don't remember where you're going.

As people sit in counseling and try to rediscover that purpose, as they make the descent down into their pain so they can listen to what it's trying to tell them, what often emerges are lost dreams and desires, things for which they once had...*passion*. These passions come in many forms--relationships, work in the world, creative pursuits, group activities, spiritual paths, to name just a few.

My "tag line," and the reflections above, may make it seem like a straightforward, sequential process: "find your purpose, heal your pain, live with passion." Don't be fooled. The Three "P"s are inextricably intertwined. Trying to define which comes first, or how they relate to each other, is like trying to find the beginning of a circle.

I'm still a bit suspicious of "tag lines," including my own. But I've come to have some faith in the place of purpose, pain, and passion in living a rich and soulful life.

### 3 Good Poems

The first of this newsletter's "3 Good Poems" is actually a song I composed back in 2002; I think the lyrics hold up pretty well even without the music, and they offer a fresh perspective on autumn. The second poem is one of my all-time favorites, and speaks to staying true to your path in the midst of various kinds of uncertainty (I had to search a bit to find it online, and I think there's an omission in this version: the last line should begin with the word "But"). And on the eve of the World Series, the third poem confirms what I've always suspected: that baseball came from God.

Click on the titles below to be taken to online versions of the poems; if for any reason the links don't work, just Google the titles yourself--you'll be glad you did.

1. ["My Spring Is Autumn"](#) (Dan Keusal)
2. ["The Way It Is"](#) (William Stafford)
3. ["Assignment #1: Write A Poem About Baseball And God"](#) (Phillip E. Burnham, Jr.)

## Resources for a Richer Life

---

(music) "Dreamers Everywhere" (Kathryn Mostow). This CD celebrates life and showcases one of the sweetest voices you'll ever hear. Years ago I reviewed one of Mostow's concerts, and wrote this: "On stage, Kathryn has a real, intense, passionate, sensual, open, beautiful way of *being*. It's rare to come away from a performance and feel like you've had an *experience*, something that has not just entertained you, but *changed* you. That's what Kathryn brings." To get a feel for what I mean, visit [Mostow's](#) web site, watch her new music video, "I Give Thanks," and order your copy of "Dreamers Everywhere."

(book) *The Tao of Psychology: Synchronicity and the Self* (Jean Shinoda Bolen). When I first came upon this slim (128 page) volume more than 20 years ago, it changed my life. It "explores the inter-relationship between meaningful coincidences and our intuitive sense that we are part of some deep oneness with the universe--a oneness called Tao in eastern philosophy and synchronicity in Jungian psychology. By relating the concepts of Tao and synchronicity, Dr. Bolen reveals important links between psychology & mysticism, right brain and left brain, the individual and the external world. [The Tao of Psychology](#) provides the key for each individual to interpret the synchronistic events in his or her life and gives fresh insight into the relationships, dreams, and flashes of perception that transform our existence" (from the book's back cover).

(program): "Reclaiming the Goddess--Circle for Women." In this experiential, year-long circle, facilitated by my colleagues Christine Wallace and Linda Lasz, "women will together rekindle and reclaim the Goddess within. Using the archetypes of the Goddess and the seasonal wheel of solstices, equinoxes, and cross quarter days (the Sabbats), we will explore the Goddess in her many forms and bring this sacred energy more fully and consciously into our lives. We will work with ritual, shamanic journeying, witnessing, ceremony, and sacred crafting during our time together. We will conclude the year with a weekend integration retreat." For more information, visit the [Reclaiming The Goddess](#) web site, or call Christine Wallace at (206) 736-2446.

## Upcoming Workshops by Dan Keusal

---

October 24, 2009:

"Psyche and Sky--An Introduction to Astrology for Therapists."

Click [here](#) for details.

Nov 6-7, 2009:

Keynote speaker.

Oregon Dental Hygienist Society Annual Meeting.

Click [here](#) for details.

Dec 3, 2009:

"The Work You Were Born To Do: How To Help *It* Find *You*."

Puget Sound Career Development Association.

Click [here](#) for details.

## Counseling & Astrology Services

---

I offer professional counseling and astrology services for individuals and couples. Whether you come to me with a problem (like depression, stress, anxiety, relationship issues) or simply the sense that it's time for a change, I help you look at how that starting point is calling you to grow, and how you can respond with creativity, vitality, and hope.

To learn more, visit my web site by clicking [here](#).

To schedule an appointment,  
or if you have questions,  
call me at (206) 523-1340.

### [Privacy Policy, How to Unsubscribe](#)

This newsletter is one of the ways that I share helpful reflections and resources, and keep interested people informed about my work.

I sincerely do not want to bother you with unwanted email, so if you no longer wish to receive my e-newsletters, simply click on the "Safe Unsubscribe" link at the bottom of this email.

I never give or sell my mailing list to anyone for any reason, period. I use Constant Contact to manage my email list because they support my commitment to providing you with excellent content while keeping your contact information private.

That's it for this issue of "Living With Purpose and Passion." As always, I welcome your comments & suggestions. You can send me an [email](#) or you can call me at (206) 523-1340.

To share this newsletter with friends, click on the "Forward Email" link, below.

Dan Keusal, M.S., LMFT  
Counselor, Astrologer  
(206) 523-1340  
Email: [dankeusal@dankeusal.com](mailto:dankeusal@dankeusal.com)  
Web site: [www.DanKeusal.com](http://www.DanKeusal.com)

#### [Forward email](#)



This email was sent to dankeusal@dankeusal.com by [dankeusal@dankeusal.com](mailto:dankeusal@dankeusal.com).  
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Dan Keusal, M.S., LMFT | 155 NE 100th Street #220 | Seattle | WA | 98125