

From: [Dan Keusal](#)
To: dankeusal@dankeusal.com
Subject: "What makes a fire burn..." (Winter 2010)
Date: Wednesday, February 10, 2010 9:00:16 AM

Email not displaying correctly? [View it as a web page.](#)



"Living With Purpose and Passion"

The Dan Keusal e-newsletterLate Winter (Feb) 2010

In This Issue

- Quotes For Inspiration
- Reflections: "What makes a fire burn..."
- 3 Good Poems
- Resources for a Richer Life
- Dan's photographs
- 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, by clicking [here](#).

Dear Dan,

 A few weeks ago, as I sat late one evening at my desk doing paperwork, I received a call from a woman who was looking for some resources to help a friend. After doing my best to point her in the right direction, I asked "How did you happen to call ME? Do we know each other?" The woman on the other end of the phone explained: "I used to receive those postcards you mailed out, the ones with a quote followed by some of your own reflections. I loved those postcards. I've still got one on my refrigerator, and it still inspires me."

She was referring to the "Reflections" postcards I used to send to those on my mailing list; I stopped sending them several years ago, when I began this e-newsletter. All this reminded me that the little things we send out into the world may continue to make a difference long after we've forgotten about them. In that spirit, I'm sending out this latest edition of my e-newsletter, hoping it will inspire you, nourish you, kindle something in your soul....so that you, in turn, can send your own spark out into the world.

-Dan

P.S. You can view and download the "Reflections" postcards by going to the ["Writings"](#) page of my web site.

Quotes for Inspiration and Action

"The universe is full of magical things, patiently waiting for our wits to grow sharper."
(Eden Phillpotts)

"Believe those who are seeking the truth. Doubt those that find it."
(Andre Gide)

"In the absence of clearly-defined goals, we become strangely loyal to performing daily trivia, until ultimately we are enslaved by it."
(Robert Heinlein)

"The real skill is to raise the sails and to catch the power of the wind as it passes by."
(Thomas Berry)

Reflections: "What makes a fire burn..."

"What makes a fire burn," writes poet Judy Brown, "is space between the logs, a breathing space."

Most people come to me for counseling because they fear some "fire" in their life is going out --in a relationship, at work, inside their own heart. Often they are looking for a new log that can be thrown on the fire to make it burn hot again. They want to know what to *do*.

Brown warns about this: "Too many logs, packed in too tight, can douse the flames almost as surely as a pail of water would....It is fuel, and the absence of fuel, together, that make fire possible."

One of the great benefits of counseling is that it provides some "breathing space," some space between the many logs people have packed tightly into their lives. That breathing space makes possible the calming of anxiety, the rekindling of long-forgotten dreams, and the opening up of new possibilities. Usually, it is *then* that the right thing to do, the right course of action, declares itself. Brown puts it this way:

"We only need to lay a log
lightly from time to time.
A fire
grows
simply because the space is there,
with openings,
in which the the flame
that knows just how it wants to burn
can find its way."

However you find it--whether by counseling, or by some other means--I wish for you...some breathing space, so that your own fire may indeed find its way, and burn brightly.

~Dan

[The full text of Judy Brown's poem "Fire" can be found by clicking on the link in the "3 Good Poems" section, below]

3 Good Poems

I've written about the first of these poems, "Fire," above (note: after you click on the link below, you'll have to scroll down the page a bit--"Fire" is the *second* poem on the page). If someone pressed me to name my all-time favorite poem, "The Sycamore" would be on the short list. I found "Lost" in a poetry anthology one morning during my daily quiet time; it was exactly what I needed in that hurried, distracted moment.

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. ["Fire"](#) (Judy Brown)
2. ["The Sycamore"](#) (Wendell Berry)
3. ["Lost"](#) (David Wagoner)

Resources for a Richer Life

(movie): "The Girl In The Cafe." The movies that stay with me tend to be the ones that work on multiple levels. "The Girl In The Cafe" is a May-December love story, a reminder that one brave voice can change the world, and a subtle illustration of the importance and power of bringing a feminine perspective to a world that is still largely patriarchal. Starring Bill Nighy & Kelly Macdonald. Written by Richard Curtis. Directed by David Yeats. "The Girl In The Cafe" won 3 Emmys in 2006: Outstanding Made For Television Movie, Outstanding Writing, and Outstanding Supporting Actress (Kelly Macdonald).

(support group): "Women Over 40 Who Never Had Kids." Led by my colleague Dr. Jane Tornatore, this 6-week group explores: "Who am I as a woman who never had kids?," "Lost and Found--Dreams, Roles, and Relationships," "Body Image & Menopause," "How do I care for myself when I become an elder?," "Do I need to grieve?," and "What will I leave this world?" For more info, visit [Dr. Tornatore's](#) web site, or call her at (206) 769-8108.

(art exhibit): "Preston Singletary--Echoes, Fire, and Shadows," at the Museum of Glass in Tacoma, WA through September 19, 2010. I've never been much of a fan of glassmaking as an art form--it just hasn't moved me. That changed a few weeks ago when I stood in the [Preston Singletary exhibit](#) at the Museum of Glass in Tacoma, and marveled at the ways Singletary has married the mythology of his Tlingit (Native American) ancestry with a complex combination of artistic techniques that include glassblowing, sandcarving, and inlaying. The exhibit includes several renderings of the story of Raven stealing the Sun (below).

(book): *The Raven Steals The Light*. Stories by [Bill Reid](#) & Robert Bringhurst, Drawings by Bill Reid. A re-telling of ten stories from Haida mythology, paired with drawings by Reid, one of the finest contemporary Native American artists. There is also an excellent "children's book" version of the title story: *Raven--A Trickster Tale From The Pacific Northwest* by [Gerald McDermott](#).

Photos by Dan Keusal

One of my creative outlets is photography. You can view and download more than a dozen of my best photographs by visiting my web site, [DanKeusal.com](#) and clicking on any photo (except the ones of me!). This will take you to a page with descriptions and thumbnails of each photo, as well as instructions for saving a larger version of the photo to your own computer.

Upcoming Workshops by Dan Keusal

Saturday, April 17, 2010:
"Psyche and Sky--An Introduction to Astrology for Therapists."

For details, including information on how to register, click [here](#).

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
Web site: www.DanKeusal.com

[Forward email](#)



This email was sent to dankeusal@dankeusal.com by 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