

FINDING THE DOORS INTO RADIANCE



All That Glitters

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DISCOVERING THE DOORS OF TRANSFORMATION IN YOUR OWN LIFE

There may be moments in our lives when something opens unexpectedly.

For a few seconds, or sometimes much longer, the familiar world seems different. We see something we have looked at a thousand times before as though we were seeing it for the first time. We feel unexpectedly close to another person, to an animal, to the natural world, or perhaps simply to being alive.

Sometimes these moments arrive through happiness. Sometimes they appear during periods of uncertainty, loss or change.

We may recognize them when they happen. Or we may understand their importance only years later.

I have come to think of such moments as doors of transformation.

The fables in my novel, Embracing Radiance, grew out of my lifelong practice of noticing and being aware of these potential doors of transformation.

This little offering is not intended to explain what such moments mean. It is an invitation to become more attentive to them - and to discover whether potential doors of transformation may already be present in your own life.

The first door begins with a wish.

DOOR ONE: YOUR TRUE WISH

There is something curious about wishing.

We know that wishing for something does not make it happen. Yet human beings have treated wishes as though they possess a peculiar kind of power for as long as we have been telling stories.

We wish upon stars. We make wishes over birthday candles. We throw coins into fountains.

In the old stories, wishes really do have power. A lamp contains a genie. A fairy godmother appears when hope seems lost. King Midas wishes that everything he touches will turn to gold.

The old stories also warn us: be careful what you wish for.

Midas receives exactly what he asks for - and his wonderful gift becomes unbearable.

Perhaps those stories understood something about us.

We spend much of our lives wishing - for love, money, recognition, security, health, success, freedom, another chance. There is nothing wrong with these wishes. Some matter enormously.

But perhaps there is a difference between a wish that asks the world to give us something and a wish that asks something of us.

What is your true wish?

CARRYING THE QUESTION

Many years ago, a man who profoundly influenced my life asked me that simple question. I have carried it with me ever since.

He did not ask: What do you want?

He asked: What is your true wish?

Do not hurry to answer.

Begin by noticing the things you wish for during an ordinary day. Do not judge them. Some will be urgent. Some will disappear almost immediately. Others will return again and again.

When you find yourself wanting something very strongly, you might ask: If this wish came true, what would really change?

Perhaps another wish lies underneath it. But do not turn this into a puzzle to be solved. There is no correct answer hidden at the bottom.

Carry the question instead.

Take it outside. Carry it while making dinner, drinking coffee, walking through a city, sitting alone, talking with someone you love, or lying awake at night.

Every so often, quietly ask again: What is my true wish?

THE FIRST DOOR

The man who gave me the question What is your true wish? taught me something else:

All right feelings are patient.

There is no need to force an answer.

Perhaps a true wish is not something we decide upon. Perhaps it is something we gradually recognize.

And perhaps it has been waiting for us much longer than we realize.

Nothing extraordinary has to happen. You may not receive an answer at all.

The first door may be something much smaller: noticing that there is a difference between what I want and what I truly wish for.

Once that difference has been noticed, leave it alone. Return to your life.

But every now and then, remember the question. See whether the question changes over time. See whether you change.

All right feelings are patient.

There are other doors.

WHERE THE DOOR CAME FROM

This first Door grew from the fables and experiences in my book Embracing Radiance and from teachings I encountered many years before the book was written.

Embracing Radiance is made up of fables of transformation - stories of people encountering moments when the lives they know open unexpectedly onto something larger.

You do not need to believe anything in particular to explore these Doors.

You only need to notice.

If you discover a door of transformation in your own life, I would be interested to hear about it.

Not what you think the right answer is. What you noticed.

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If you write to me, your email will not be added to a mailing list or used to send you unwanted messages. I'm simply interested in what you discover, and in making these Doors more accessible to you and others.

There are other doors.