

Turning Straw Into Gold

Human existence has been referred to by metaphysicians as “a veil of tears.” It seems to be a given that life is going to have its turmoil. However, if life is about learning to love, which I believe is best exemplified by demonstrating compassion, then human existence with all of its seeming tragedy and suffering, may be just what the doctor ordered. I like the quote from Jack Cornfield's book, *A Path With Heart*: "Like the young maiden in the fairy tale “Rumpelstiltskin” who is locked in a room full of straw, we often do not realize that the straw all around us is gold in disguise. The basic principle of spiritual life is that our problems become the very place to discover wisdom and love."

Excerpt from *Doctor's Orders: Go Fishing* by Dean Shrock, Ph.D.