

## It Might Rain

When I was in my 20's, I visited my neighbor who was renting a cottage on Martha's Vineyard. One day, she suggested we take a boat taxi to a small nearby island. It was a dreary, drizzly day. Waiting for the boat, we debated whether to go or not. We would be unsheltered walking on the island, and the rain would drench us on the open boat ride.

As we considered our options, an old fisherman appeared, fully garbed in rain gear, bait bucket dangling from one hand, fishing pole in the other. As he ambled by, he muttered to us in his rich New England twang, "If ya nevah did ennathin' 'cause ya thought it might rain, ya'd nevah do ennathin'." Our sense of adventure rekindled, we decided to go.

How certain does the outcome need to be before you will "get in the boat and go?" Clinging to familiar patterns, you live outside your true Self as a cautious observer, unfulfilled. The delusion of certitude in which you live makes you unwilling to begin a spiritual practice until you are convinced in advance of its efficacy, convenience, and lack of risk.

There's no need to be reckless; reliable paths are well marked and proven. Find a qualified guide and begin a practice. The only way to ascertain its effectiveness is to do it – consistently and earnestly over a period of time (6 months is a good trial). In other words, if you want to swim in the ocean of a spiritually fulfilling life, you will have to get wet!