

## Kat's Blast from the Past



Coming from a family that was part Irish and part Native Canadian, there was no shortage of myth,

legend and strange tales floating about my environment. I have to be honest here and say that those stories were usually spoken in whispers and with a great deal of emphasis on how they 'couldn't possibly be true.' In fact, any psychic displays by me or my siblings were quickly discounted in an effort to convince us that we couldn't do what we could.

Clearly my folks held some fear around things that they didn't understand and couldn't watch on the evening news. What you resist persists as the saying goes and there was enough of all of it to catch my attention and my parent's resistance stoked my curiosity in powerful ways.

Though I couldn't articulate it, my belief and interest in magic and the enchantment of life was indelibly etched into my character very early on. I read everything I could get my hands on though admittedly during those early years, I had accepted and adapted the fear my parent's worked so hard to impress on me.

I remember the first time I read 'The Lord of the Rings.' The elves fascinated me – their magic tending toward the gentler realms of nature that resembled for me the ways of the older Native members of my family. The elves also embodied a graceful elegance and wisdom that I somehow felt was part of me; surrounding themselves with beauty, mysticism and a wealth that went beyond the material. It felt a lot like I

imagined heaven on earth to feel. I was 15 when I had this encounter and if I was hooked before, this cemented the whole possibility of magic in life.

Not long afterwards, I was introduced to the roll play game called 'Dungeons and Dragons.' Back then, we played the game on paper, spending entire weekends creating characters and taking those characters on high adventures. The crew I played with would rather faithfully battle evil to gain our riches and advance our characters.

Conflicts and dungeons were created by our brilliantly creative Dungeon Master who possessed a dozen beautiful hard cover books containing thousands of imaginative creatures and many other ideas for objects, character development and a host of other things to choose from. When the day of play arrived we would gather at the table where dice and charts were used to determine the outcome of those battles, how the characters advanced and what riches were won.

How I miss those days of all consuming play at the game table, a work out for the imagination that can not be rivaled in any way by today's game consoles and computer games. Whatever we wanted to happen could happen. We created castles nestled on clouds and put fairies in bottles of colored glass. We hung out with wizened old wizards, immortal demi-gods and ever youthful forest folk.

Today, approaching 30 years later, I am still very grateful for the thousands of hours I played D&D for the many gifts it gave me. The development of my imagination has been an amazing gift that serves me in practicing the law of attraction as is the ability to visualize things I have never seen before. Though, there is more even then that...

I learned many useful things about human kind, like the infinite potential that resides in every one of us and how all of us are equal though talented in different ways. In the game we each had different kinds of characters; there were the priests

with their defensive magic and healing abilities; the magi who could cast spells to devastate our enemies; swordsmen and heroes, holy warriors and thieves who could pick the pockets of our enemies and put them at a disadvantage. The list goes on and on and while each had their own skill set, everyone one of them were invaluable to the team. Every character was just as valuable as the others just like in real life. We each support the whole with our wonderful gifts and unique perspective.

The gift from my time playing that I honor above all others perhaps is the piece left as part of my own character that values and recognizes enchantment as a real and valid part of the human experience. My life would be very different today if I hadn't learned to see the world through the eyes of wonder so that I would stop from time to time and ponder the mystery of life here on earth. We are all so very privileged to be here to witness and participate in this physical reality that is such an enchanted mystery. So it seems the games gave me an appreciation for life – both yours and mine, as well as a heart felt believe that magic really does exist.

Don't forget to play today – there is value in the games. 😊

See ya at the table!!

Kat

[Email Kat](#)