

Life's Golden Key

By Phylis Clay Sparks

We have all heard many references to the word *key*. There's the key to your house, your car, or the ceremonial key to a city. You may have heard about The Golden Key International Honor Society, or a fairy tale written by Jacob and Wilhelm Grimm.

The fairy tale goes like this: "Once in the wintertime when the snow was very deep, a poor boy had to go out and fetch wood on a sled. After he had gathered and loaded it, he decided not to go straight home because he was so frozen. Instead, he made a fire to warm himself first. So he scraped the snow away, and while clearing the ground he found a small golden key. Where there was a key there must be a lock, so he dug in the ground and found a little iron chest.

"If only the key fits!" he thought. "Certainly there are valuable things in the chest."

He looked, and finally found the keyhole. He inserted the key, turned it once, and now we must wait until he has finished unlocking it and has opened the lid. Then we shall find out what kind of wonderful things there were in the little chest."

That's it. That's the end of the fairy tale! What's the point? Well, the brothers Grimm chose this unfinished story of "The Golden Key" to end their collection of fairy tales as a reminder that there is always more to come, an endless unfolding of stories yet to be told.

All of our lives are like the chest in this fairy tale – full of stories yet untold. And we're all waiting to find out what's in this mysterious treasure chest called *the future*.

Whether it be fairy tale or song, the Hindu Bhagavad Gita, the Buddhist Tripitaka, the Koran or the Bible, the message is the same. The most important key in our possession is the *mind*. "Be ye transformed by the renewing of your mind."

If we use our mind to feel distressed, frightened, angry, distracted, or resentful, over time our key becomes rusty. If we use it to be complacent, non-caring and robotic, our key can become heavy like lead. Or, we can use our mind to be focused, creative, kind and forgiving, causing it to shine as gold in the sunlight of joy and happiness.

The lock, or the keyhole, in which the golden key of our mind fits most comfortably is the heart. When the golden key of the mind opens the lock of the heart, that combination frees us to lift the lid and discover that the treasure inside is the present moment. As we release the past and stop focusing on the future, the present moment takes us inward where we find our very soul; our bridge into Divine Love Itself; access to the Greater Mind and unending possibility. We find that we have unlocked the Fountain of Life; a healing stream that is continually replenished from the One Source. We come to realize that we are the very *inlet* and *outlet* of Holy Spirit. We can be the true instrument of wisdom and power that we were meant to be. It was Emerson who said: "Every soul is not only the inlet, but may become the outlet of all there is in God."

Be mindful about how you are choosing to use the Golden Key of your mind. Evaluate your thoughts, feelings and beliefs. Listen to the words which come out of your mouth for clues about buried beliefs which no longer serve you, and perhaps never did. Then chose to release them into the past and enjoy every present moment as you unfold a future of spiritual well-being and a human experience filled with happiness and joy. And don't forget - *you* hold the key.

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