

### **Inner Call Podcast #136 Make a Wish August 6 2021**

In many parts of the world, a child's birthday celebration includes a cake decorated with lit candles, the number of candles corresponding to the year completed. When this fascinating object of sweetness and light appears, the child is encouraged to make a wish and blow out the candles. If possible, they should be blown out all in one breath, to make the wish come true – a custom that conveys the hidden lesson that our efforts play a part in making dreams a reality. It is not enough to have a wish, but we must also put some breath into its accomplishment.

There is wisdom in teaching children to focus their wishes, for our desires are the foundation of all we achieve in life. Whether it is a relationship or a career, a worldly accomplishment, an artistic expression or spiritual fulfilment, it must begin with a wish. And once formed, the wish must be guarded and strengthened until it can support us through all the difficulties that will appear along the way. That is why, when Hazrat Inayat Khan gives a poetic picture in Vadan Alankaras of his departure on the journey to the land of love, he first speaks of being mounted on the horse of hope, the powerful energy that will carry him forward to the goal.

And, although as sensible grownups who know all about wishing we might laugh at the thought, it is important to sit the right way round on the horse: we must look where the horse is going, and not where it has come from. In other words, we must have our focus on what we wish to reach, and not on what we wish to escape. We have all heard statements like, 'I hope I never have to do that again!' or 'I hope God helps me to get away from that situation!' While the feelings may be understandable, to frame our hope in that way is like sitting on the horse facing the wrong direction.

If we look backward, we will never escape, for our view will be filled with what we don't want. The undesirable impression will remain no matter how far the horse carries us – and of course it is difficult to guide our steed if we don't look where we are going. Much better to look forward, for that will help us to prepare the future, and every step forward will give us new strength.

Make a wish – and then go there, and don't look back.