

6-1-2024

## Being Open to Possibility: How Somehow May Change Your Life

Amisha Singh DDS, EdD  
amisha.singh@cuanschultz.edu

Follow this and additional works at: <https://commons.ada.org/mddsarticulator>



Part of the [Dentistry Commons](#)

---

### Recommended Citation

Singh, Amisha DDS, EdD (2024) "Being Open to Possibility: How Somehow May Change Your Life,"  
*Articulator Magazine*: Vol. 30: Iss. 2, Article 6.  
Available at: <https://commons.ada.org/mddsarticulator/vol30/iss2/6>

This Editorial is brought to you for free and open access by ADACommons. It has been accepted for inclusion in Articulator Magazine by an authorized editor of ADACommons. For more information, please contact [commons@ada.org](mailto:commons@ada.org).

Singh: somehow

# Articulator

CONNECTIONS FOR METRO DENVER'S DENTAL PROFESSION

## THEN & NOW

Looking Back...and Forward

Being Open to Possibility

Denver's Dental Timeline

Future Foward

Denver: A Love Story



METRO DENVER  
DENTAL SOCIETY

QTR 2, 2024  
VOL 30 • ISSUE 2

Published by ADACommons, 2024

PRSR STD  
U.S. POSTAGE  
PAID  
DENVER, CO  
PERMIT 2882



# Being Open to Possibility: How *Somehow* May Change Your Life

AMISHA SINGH, DDS, EdD



I am a voracious reader. I read everything I can get my hands on and have been devouring the written word for as long as I can remember. Words have been my nourishment and sustenance my entire life, ever since the days I was a child methodically reading through the shelves of my local library. All of the librarians knew me by name and would hand me recommendations they had saved for me on

my weekly, sometimes daily, trips into that temple of knowledge. I still proudly hold a library card and now take my children weekly. Words have given me so much of myself that my foundation has been built with the pages I have read. This still holds true for me... books tend to give me exactly what I need in any given chapter of my life.

Recently I came across a book co-written by Arthur Brooks, a happiness researcher, and Oprah Winfrey, a powerhouse I deeply admire. I knew I was going to love it by the first page. I highly recommend this book, but this article is not about that book's contents ... it's about the story of its inception. Oprah came across Arthur through his column in *The Atlantic*, "How to Build a Life." She instantaneously knew "this man was singing [her] song." Arthur's work, through his column, his books, and all his contributions mirrored Oprah's own; both hope to help others create a life lived with purpose and meaning. This happens to be aligned with my own why and so the book fits like a beautiful puzzle piece. In this book, she states, "Clearly, I knew I needed to talk to him... Arthur exudes a kind of confidence and certainty about the meaning of happiness that is both comforting and galvanizing. He is able to talk both broadly and very specifically about the very same things I have been talking about for years: how to grow into your best self, how to become a better human being. So, I knew from the start that I would **somehow** end up working with him. That somehow is this book."

I hold a deep-seated belief life conspires in our favor, that the universe presents us with beautiful "somehows," dripping with potential, throughout our life. We all know that feeling: when things align in a way that feels like a higher power and your arms tingle with the physical, electric sensation of possibility. When these moments of "somehow" arrive in our lives, it is our responsibility to be aware, to listen, and then to lean in. But, in those moments of possibility,

we rarely have clarity. We rarely know what exactly the future holds or how that partnership, that opportunity, will unfold. We can see there is a fork in the path of our life, but rarely can we visualize the road that will emerge from those crossroads and where it will lead.

Ambiguity scares humans: we are hardwired to seek comfort over happiness. So that moment of opportunity, no matter how alluring or exciting it may feel, inevitably is colored by the ambiguity we may feel upon its arrival. I speak from experience when I say these moments feel exciting and terrifying at the same time. In fact, I have learned to recognize them from the fear they bring; if the opportunity doesn't scare the pants off you a little, it usually is not life- or world-changing. I felt this when I sold my practice and stepped into academia. You may have felt this when you bought your practice, met your business partner, interviewed for your current role, or found an opportunity for volunteerism or leadership that resonates with you deeply.

These moments of change require bravery. Dr. Brett Kessler, the President-Elect of the ADA, calls this "leaping and believing the net shall appear." I am blessed to have him as a mentor, and to have had him encouraging me as I have made my leaps. I have also been blessed to witness him making his leaps, and simply by watching him live his authentic truth, I have found the bravery to seek mine. He is one of many angels that have appeared in my path, who have changed not only my life but the fabric of who I am and who I had the possibility of becoming. That change has happened in crucial moments of "somehow." These moments have required immense courage to leap into the ambiguity, to leave the comforts of stability and clarity behind in honor of the intuition that life is calling me closer to my purpose.

Opportunity will knock, although the form it takes will differ. You may meet someone professionally and resonate with their work or their message. You may see an opportunity to create equity in the healthcare system to make your patients or your community healthier. You may see a problem that needs to be solved and feel you have the unique skillset to solve it. And in that moment, you may not know how exactly you will collaborate with that individual or solve that problem, but you will feel compelled to do it anyway. In that moment, do not let the fear of discomfort or instability dull the excitement of possibility. Do not discount or discredit the "somehow" that moment is offering you.



**“The purpose of life is to discover your gift.  
The work of life is to develop it. The meaning  
of life is to give your gift away.”** -DAVID VISCOTT

Reflect for a moment on the “somehows” that have presented themselves to you lately. They are likely the things you find are always on your mind. They linger and they persist. You may ponder or daydream about them. Whatever they are for you, they will be linked to your intuition. And once your intuition

says “yes” to them, so should you, regardless of how scary or big that “yes” may feel in the moment. Consider this a reminder to say “yes,” to leap, and to trust the net shall appear. Your next “somehow” may be the thing that changes the world. But even if it doesn’t, it will certainly change yours.



## At Dental Lifeline Network, your time and skills matter.

That’s why we’ve made volunteering easy for compassionate dental professionals like you.

From screening those in need to managing coordination seamlessly, we’ve got it all covered.

When you volunteer with Dental Lifeline Network’s Donated Dental Services (DDS) program, you change lives, find your purpose, and redefine success.

“There’s a huge need for dental services. DLN really helps fill in some of those voids and gaps for people.



Jeffrey Lodl, DDS  
DLN • CO Board of  
Directors President