

a four-letter word

By Evstarr

Thinking back through the years, while pondering the subject of fear, one could write a book on the subject, much like the hundreds, maybe millions that already have. What does *fear* mean to me? Whoa...get ready; put the word count checker on Evstarr...you could carry this one to the moon and back.

I'm going to take a stroll down memory lane, something us Cancers like to do frequently and look at the various faces of fear as it has appeared in my life. As you do this with me, I am certain you will find yourself amongst the type on this page and somewhere between the lines. As a child, I grew up on a fifty-acre farm in Geauga County, a place called Huntsburg, one town away from Middlefield, home of the Amish and Swiss cheese. I recall my mother having to drive into Middlefield to do the grocery shopping for lack of stores in Huntsburg. On the trip into town by car, we would have to cross over a large reservoir, which I was deathly afraid of. I would beg and plead with her to take an alternate path, go the long way, *any* way, except over the dreaded bridge. Being a child of only six or seven at the time I'm sure she didn't think listening to the logic of someone who watched Mr. Magoo and Captain Penny was on her top 10 list of things to do. As the story goes, living on that farm I had several repeated dreams as a young child of drowning over a bridge by car, which I never shared at the time. Like it would've made a difference; I don't think so! So I would hold my breath, close my eyes and pray that we would make it, until I got back to the safety of my living room in front of Mr. Magoo and friends.

Those dreams and countless others started my fascination with the dream world and reincarnation amongst the multitude of esoteric subjects that I delve into with unbridled passion today. Understanding past lives has helped me deal with the fear of crossing bridges over water. I am much better with it today, although that bridge crossing over the waters on the way to Sandusky has me still praying till I reach the other side. Do I believe our fears and beliefs carry

over from the past? Yes and no. I **do** believe what we fear attracts; much like I teach my students in the Louise Hay groups I run. What we think about, we give energy to, simple $a + b = c$. If we spend all our time and energy thinking about something we *don't* want to happen, what do you think happens? You guessed it. It happens! I know of a man who was so afraid of living in the city for fear of someone running over his little girl, that finally after a period of time, he moved the whole family to the country. Well, one day when he was backing out of his driveway, yes, I'm sad to say, *he* ran over his daughter bringing to him the one thing he feared the most.

In the course of my teaching the Louise Hay work, we do a lot of digging deep and weeding out the gardens of our minds, rotatilling the soil making it fertile for our new belief patterns. In the process of doing this we uncover a plethora of fears, skeletons jumping out of all kinds of closets. When we do this work together we find **A**: we're not alone, quite a few of us walk around with the same fears, **B**: a lot of those fears we carried over from childhood and the influences from others close to us. Once we dig through all the muck and start planting new seeds we uncover a *NEW* fear. One would think that most of us are afraid of failure, we are to some extent, but that's not the *BIG* one my friends. Oh yea, there are those of us who are afraid to take risks, for fear of falling flat on our face, or the fear of losing everything we had to get there, which I've done and it's actually very cleansing and therapeutic, but the granddaddy of them all is the *fear of success!*

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our Light, not our Darkness, that most frightens us." (Marianne Williamson) You see, we are afraid of leaving our little 'ol comfort zones and expanding our territory because *then what?* Would all our friends still want to hang out with us if we were different than them...would our parents still want to lend a hand and bail us out if we needed them to? (That's how some of us equate love.) Oh...it's a scary world for some of us - success. I have given up many material things, people, places and money in my life for one thing...*freedom*. Freedom to do what resonates with my soul, freedom to follow the road less traveled, freedom to listen to my heart and pay no mind to what the rest of the world thinks. Oh, it can be a lonely place at times, sometimes a lot of the time, but I happen to enjoy my own company, which is a good thing, so I carry on. Go deep inside of your dark cave my friend, with nothing but the light inside of you, I assure you when you reach the other side you will be a changed human being, carrying with you the ability to flip the light switch anytime you so desire. "Who is more foolish, the child afraid of the dark or the man afraid

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of the light?" -Maurice Freehill

During the period of my life when I was an ardent student of the *Course in Miracles* and a big fan of Gerald Jampolsky, I ventured to the mountains of Roscoe, New York, home of the previous *Course in Miracles Foundation*, which is now housed in Temecula, California. During my time studying the *Course* and the works of Gerald Jampolsky, I learned a valuable lesson, which I will share with you. There are only two emotions on this planet, Love and Fear. Yes, that's it, real basic Life 101. Let me sum it up for you. All emotions we experience emanate from either Love or Fear. When we are in fear we are reacting. When we are choosing the emotion of love we are pro-acting. Jealousy is a fear based emotion and comes from FEAR, we are afraid of losing something or someone (i.e. our co-worker will take our promotion, an-

other woman or man will steal our spouse, someone will rob us of our money). These are all fear-based emotions. Any negative emotion can be traced back to a *fear* of some sort or another. On the flip side, LOVE is a positive emotion, and when we *act* out of kindness, caring, compassion, the list goes on, we are acting from emotions that stem from the main emotion of God, which is LOVE. So the choice is yours, which four-letter word do you want your life to stem from FEAR or LOVE?


Evstarr's spiritual journey has taken her coast-to-coast studying the various schools of thought. Look for her upcoming Louise Hay groups, Treasure Mapping workshops, Angel Card Readings at Goddess Blessed & Seek the Unique. Contact her at evstarr@yahoo.com to be added to her receive her new on-line newsletter, check out her website reachforthemoon.net for latest class listings.



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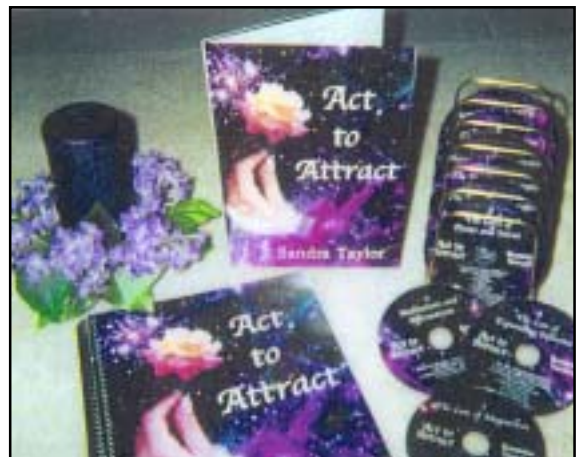
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