

A REMEMBRANCE OF THINGS PAST



By Eva Starr

I was sitting in the Jacuzzi pondering what I would write about for the 10th anniversary issue of *The Journey* when I looked up and saw the brightest star I've ever seen. "Star light, star bright, I wish I may, I wish I might get this wish I wish tonight."

Then I thought about my youngest daughter's visit to California, which was to occur in less than 48 hours... "I wish for Shayna the best memories ever of her forthcoming visit to California, that she'll cherish forever."

How interesting, I thought; I have a gazillion things I could have wished for, like a job, (the Padres season just ended, I was a chef at Petco Park), or a new car, (let's bless this one and leave it at that), or my bills being paid in full. But instead all I could think of was creating memories for my baby girl (age 22) to take back home to Cleveland with her.

Being a Cancer, home of nostalgia in the Zodiac, it's not a wonder I was drawn to the Kodak moment. I could go on and on and bore you to tears with all the clichés I have racing through my mind right now regarding memories ... Johnny Carson, Barbra Streisand in *The Way We Were*, Frank Sinatra, and even David Bowie – because of him I named my new cat Ziggy Starrdust.

A picture is worth a thousand words could be my mantra. For my youngest daughter's high school graduation I gave her two huge scrapbooks of her life from birth to 18, (yea, it's a Cancer thing). To me there's no better gift in the world than something you can

keep, hold and remember forever. I'm still working on the DVD video of Shayna's first visit to California; hopefully I'll finish that before they quit making DVDs and technology moves on to something else.

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What makes a memory? It doesn't have to be a monumental event; the simplest things in life are most often the ones we hold dearest to our hearts. I remember fishing on a stick with my grandfather when I was a little girl, and then decades later I remember my father and I fishing the canals of Fort Myers, Fla., and surf fishing the Gulf of Mexico.

Then there was the time Shayna caught a huge snapping turtle off my Dad's dock in Florida and he

had to come outside to cut the line.

Life is a journey, filled with memories of all shapes, sizes and colors, the good, the bad and the ugly. The good news is we can rewrite the script and change the memories that remind us of *Nightmare on Elm Street* to *It's a Wonderful Life*. We have free will and choice to filter through our memory banks and keep the ones that serve us, and discard the rest with yesterday's garbage.

I read an article in September's issue of *Science of Mind* magazine that suggests a technique for removing negative memories from the brain. Right after a negative experience, begin to recall the event as you stay completely relaxed and serene. Exclude the disturbing part of the experience. Instead, fill your mind with affirmative, optimistic thoughts and feelings. This will reshape the neural circuitry where the memory was about to be consolidated. (For more info read Waldman & Newberg's *How God Changes Your Brain*).

In strolling down memory lane, I cannot write this article in good faith without remembering who gave me a chance almost a decade ago to write for what I consider one of the best metaphysical magazines there is: Clyde Chafer. I have grown with *The Journey* magazine, writing featured articles, a dream column, an astrology column, interviews with some of the paramount members of the metaphysical field, being a part of the EXPOS and now today the Soul Food column.

Memories are made because of the people involved in making them. Thank you to Clyde Chafer

for being a part of some of my most precious memories.

I remember fishing on a stick with my grandfather when I was a little girl, and then decades later my father and I fishing the canals of Fort Myers, Fla., and surf fishing the Gulf of Mexico.

As I wrap up this piece on memories, please take some time right now to make a list of your top 100 memories in your lifetime. Let's not forget: mom cooking your favorite foods; your first kiss; your first pet; seeing the presents under the tree the morning after Santa Claus climbed down the chimney; the proud feeling in your heart after watching one of your kids score a basket, or a run; and seeing your child for the first time in the school play; and having the privilege to do what you love (writing for *The Journey*); or whatever that may be for you. It's the people in your life that contribute to what making memories is all about.

Thank you to all of my devoted readers for giving me a reason to write and making it all worthwhile.

I'll end with a request: Go outside tonight and look up into the celestial heavens, find your star, make a wish and savor the memory forever.


Star light, star bright, i wish I may I wish I might... wish for all of you the opportunity to start right now, here in this very moment to create a memory you'll treasure forever.

Eva Starr's spiritual journey has taken her coast-to-coast, studying various schools of thought. Starr now resides in the San Diego area, devouring the alluring buffet of wisdom the West Coast has to offer. Continue to communicate with her via evastarr.com and reachforthemoon.net, or at evastarr24@yahoo.com for speaking engagements.

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