

# I Am The Sea

By Evstarr

Over a decade ago, when my youngest daughter Shayna was just a toddler, we had a ritual like most mothers and their children of the “bedtime story.” One of Shayna’s favorite books was entitled By Day and By Night verse by Karen Pandell, Illustrated by Marty Noble. I particularly liked the book because of the beautifully illustrated pictures and it was short, you didn’t need to ad lib and worry that your child would catch you skipping sentences, whole paragraphs, and God forbid that you left out a preposition or two. It’s amazing isn’t it, how observant children are who can’t even read yet. She still has the book to this day. It is very simplistic, while at the same time, (me being wise in my years, and a student on the forever path of finding my meaning in life, and/or the meaning of life itself, for that matter) I wasn’t sure I quite understood it. It was pretty basic and went something like this... “By day I see the sun, the sun is me...I touch a ladybug, the ladybug is me...By day I taste an orange, the orange is me...By day I smell the sea, the sea is me...By night I watch the moon, the moon is me.” At the time I thought what does this mean, the orange is me? The ladybug is me, and on and on and on? I pondered over that off and on in my life for quite some time.

As I was thinking about Unity and what it means to me, I immediately thought about that book, which I probably haven’t picked up for over 8 or 9 years. My daughter has since advanced from that book, not to mention she’s a teenager now...and we don’t even need to explain what that means. I think God gives us teenagers so we can practice how NOT to react in the heat of the moment...and to learn how to respond from a loving and CALM place. Look me up in four years and I’ll let you know how I did. Back to the subject at hand...as I thought about Unity that book came to mind, now I get it, we are all one with everyone and everything on the planet...scary isn’t it? When you hear people say, “it’s a small world,” they aren’t kidding...and it’s getting smaller. More and more I run into circumstances, people, places and things that are all related to one another in one-way shape or form.

I was raised Catholic, but quit going to church after I

graduated from high school, never to set foot in a church again, for about the next 13 or 14 years...then the journey began. I started studying metaphysics, read every single book I could get my hands on, and walked into a Unity church in Westlake. I felt like I had come home! I cried every Sunday for the next year, not because I was sad, but because I was coming alive. I wasn’t even quite sure myself why I cried every Sunday, then I began to understand. It was the love I felt there, and the tremendous energy. I was overwhelmed with feelings of love and acceptance that I hadn’t felt for quite some time.

I have experienced quite a number of tumultuous situations in my tenure of attending Unity and I can’t tell you how much compassion, understanding and support I received from the people there. That’s what Unity is all about, there’s no you and there’s no me, there’s just we. **We are all one in Unity.** One particular Sunday I had gone to church after losing a great love of my life through a sudden heart attack. There I was sitting in the front row sobbing so hard I couldn’t even stand, a woman from the back of the church whom I didn’t even know came and sat with me the entire time. There was another time I was moving and had not a single soul to help me move. I stood up in the front of the church and solicited for a couple of able-bodied men. They showed up on moving day, after I had spent all the previous night before with my daughter in ER, laying next to her in a



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bed hooked up with tubes, left the hospital at 6 a.m., and had to move by 8 a.m., not at all prepared. These strangers helped me move and would not accept money or food for their help.

I have been teaching Louise Hay classes at Unity and have never experienced such a level of love and total acceptance, as I do from my students. I feel blessed beyond compare to have had the opportunity to walk into those doors at Unity some 17 years ago. It's NOT the building that makes a church, it's the PEOPLE...and there's not a more loving bunch of people anywhere on the planet.

There is such a critical need for unity, tolerance, and understanding in our world. Yet with all the divisiveness, there are still people and organizations around locally and globally who are doing their best to be inclusive. Unity Spiritual Center (formerly Church of Unity) in Westlake is an example of an organization clearly reaching out to embrace people on a variety of spiritual paths, and to hold sacred the great wisdom teachings from around the world.

Unity is universal oneness of God,

humankind and all creation. The only real unity is in Spirit. It is found nowhere else because personality always strives for its own success and aims for the good of the personal person, instead of the good of all humankind. We must rise above the personal and connect with the I AM of God, for that is our name as well. When we do this in prayer we come into an awareness of our unity with God.

So my dear readers, next time you look around you in awe of this great Universe, understand that...you are the sea, I am the sea...and we are the sea.

*Evstarr's spiritual journey has taken her coast-to-coast studying the various schools of thought. Her most recent quest took her to San Diego to complete the certification program to teach Louise Hay's work globally. Look for her upcoming classes and workshops at Unity Spiritual Center (440-835-0400) LCCC (1-800-995-5222) Lakewood Adult Education (216-529-4081) and new classes at the Goddess Blessed (216-221-8755). Evstarr can be reached at [evstarr@yahoo.com](mailto:evstarr@yahoo.com), and be sure to check out her new website [www.reachforthemoon.net](http://www.reachforthemoon.net) for upcoming class listings.*



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