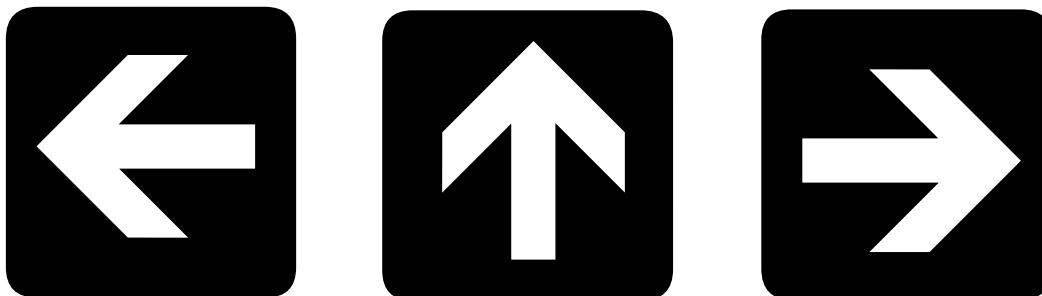


IF YOU'RE GOING TO SIT, THEN SIT

By Eva Starr



Back in 1998, a movie came out with Gwyneth Paltrow called *Sliding Doors*. In the movie, a woman's love life and career both hinge, unknown to her, on whether she catches a train. We see it both ways, in parallel.

I've seen this movie at least three times and have had many deep-rooted discussions over it based on the choices we make in our own lives. The movie brings to question whether our choices determine our fate, or if our fate is pre-determined and guides our choices.

If you haven't seen this movie I highly recommend it; if you're an over thinker (like myself) you, too, will ponder the idea of a parallel existence leading to the same destination.

There's a meditation I created for my Louise Hay groups when we come to the part of the course that deals with making life choices. I would guide the students into a relaxed meditative state to a fork in the road. Then I'd ask them to visualize what it would be like if they took the fork to the left or the fork to the right – taking them through a variety of feelings, thoughts etc., leading them six months, one year, then five years down the road.

It was a powerful meditation, which provided interesting results. The key is that the decision is based on the combined will of spirit and instinct. Ultimately this is a most desired place to be when making our own choices – the alignment of head and heart.

In my daily meditations, I vacillate between using an Angel deck and an animal deck. There are occasions when I draw the Antelope card, an action card. It will tell me to make a decision and take action of some sort or another. If I'm going to sit, then sit; if I'm going to stand, then stand; and if I'm going to run, then run.

Before I take any action I need to make a choice. If I'm in tune with spirit and my intuitive side, then I can go into the silence and hopefully make a choice and then proceed into action mode.

The key here, as with any of the choices we make on

a daily basis, is to *be at peace with the choice*. Ah yes, I know you don't like to hear it. But isn't that the key to everything: to be at peace with whatever happens?

All the Gurus talk about it. Byron Katie calls it "loving what is." The Course in Miracles refers to the choice between the Holy Spirit and the Ego, and if we've chosen an error thought we ask the Holy Spirit to "let us see it differently."

Ester and Jerry Hicks tell us that it's a simple choice of what thought feels better and to "gravitate toward the next feel-good thought" up the emotional ladder. Yes, it's enough to make even the ascended master student go insane.

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Being the mother of two daughters, I've had my share of dilemmas with the word *choice*. If they chose me for their mother, then is it their choice if they travel down a sinister and treacherous path? Will they eventually reach Nirvana anyway – just a little bit later because they chose to get on the train (as in *Sliding Doors*), or in fact missed the train?

And do I, as their mom, have any say about their choices?

The world we live in has made becoming a nun or monk a great deal more enticing. The plethora of choices is enough to drive a crazy person sane. You heard me right; the homeless people might know something we

don't if they're making the choice to live a simpler life on the streets...I'm just saying.

How do we deal with the buffet of choices in front of us on any given day? Which cell phone to buy? Do I take the job even if I strongly dislike it because jobs are hard to come by? Do we say yes or no to the boy or the girl? What to cook, what to wear...the choices are endless.

Think about nature; the squirrel doesn't lie there on his psychiatrist's couch having anxiety attacks over what nuts to gather; the birds don't take Prozac because they can't figure out what tree to build a nest in. The animal kingdom and nature mosey about their business allowing the Creator to guide them along.

My thoughts on this are to go with the Antelope; if you're going to sit, then sit; if you're going to stand, then stand; and if you're going to run, then run.

Just make the choice. Don't second-guess it. Be at peace with whatever choice you make. You do know you're going to get another chance to choose all over again, the next moment, hour, day or week. May the choice be with you.

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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