

Let Go of Your Blankie

By **EVSTTARR**

We fear the in-between most in our lives, *transition*. As I ponder the countless transitions that I have made in my short time here on Planet Earth, a myriad of thoughts comes to mind. I remember being a child around the age of six, and going to bed one night in my bedroom in Brook Park, OH only to wake up in a strange bedroom on a fifty-acre farm in Huntsburg, OH. *That*, my dear reader, was the start of numerous transitions in my life. Life on the farm was very different than the suburbia of Brook Park, a suburb on the West Side of Cleveland.

I gathered the eggs from the chickens early in the morning, before Mr. Fox got to them; I drank goat's milk, what a relief from Carnation Instant Non-Fat Dry Powdered Milk, if you can call it that. I picked strawberries, and green beans by the bushels for the next five years till my next *transition* to the East Side, another suburb of Cleveland, Willoughby.

The story goes on and on and on. I moved several times in my life, making one *transition* after another. Life is full of transitions; in fact *that* is the only constant you can bet the bank on, change...*transition*. In the Louise Hay groups that I teach there is a tremendous amount of transition going on, in fact we sing about it. An opening song starts each class, "Doors closing, doors opening, doors closing, doors I'm opening, I am safe, it's only change." Stepping into that first Louise Hay group is challenging enough for most of my students. To set their minds at ease, I explain to them, it is not bad, nor good, it is just change and change is merely different than what you knew ten minutes ago or ten years ago, it doesn't matter.

So I say to you, *transition* comes in a coat of many colors, and from many medias. I can relay to you a few poignant moments in the history of my fascination with Disney movies where transition seemed to be a major theme in most of the films. Let's look at Alice in Wonderland...

"Who are you?" said the Caterpillar... "I hardly know, Sir, just at present," Alice replied rather shyly, "at least I know who I was when I got up this morning, but I think I must have been changed several times since then."

~ Lewis Carroll, *Alice in Wonderland*

I remember vividly the night my daughter turned thirteen; it was as if she had been visited by an alien entity in the middle of the night. She woke up the next morning with every ounce of teenage attitude in that mind and body of hers. *Who* is this strange person in my home? I had visions of heads spinning and her spewing strange green fluid through the air, the Exorcist revisited. What ever transpired in the middle of the night was indeed a *transition* to say the least. I had to remind myself, this is not bad, this is just *different* than I knew a few short hours ago. What transpired over the next four years was one transition after another as I lived through her teenage years, amazingly without a single gray hair. As you read this, hopefully, she will have graduated, and I will have gone through another transition in my life. The bird will leave the nest and fly away to uncharted waters where she will discover many *transitions* in her own life. I send you my blessings; you're in for the ride of your life...may peace be with you.

I have lost five boyfriends, one husband, and a sister in my lifetime. The boyfriends were all sudden and tragic deaths, the latter two died of cancer. In the various modes of transition I went through losing the boyfriends, I responded differently in each and every one of those scenarios. The one thing as I mentioned earlier that remained constant is change. Yes, I went through another transition in my life, each and every time. I have learned an assortment of lessons since those deaths, and along my spiritual journey. Each milestone represents another phase of transition in my life.

"If we do not change our direction, we are likely to end up where we are headed." ~ Chinese proverb

I have learned to go with the flow and come to understand from a depth only experienced by those who live with one transition after another. It's not *what* happens to you, it's how you *respond* to what happens to you. I have been on both sides of the tracks, up and down, joyful beyond measure, and wallowed in the depths of despair that only that dark side of the soul knows. Through it all, what I share with you is this; I've learned to embrace change...transition so to speak. I celebrate all the turns, twists, and curves in the road of my life. I look forward to each voyage, knowing that it is part of the



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glorious path of my soul, *transition*.

"I don't think we're in Kansas anymore, Toto."
~ Dorothy, The Wizard of Oz

What an adventure Dorothy had when she followed the yellow-brick road. She came across all kinds of characters, from the Munchkins, to the Good Witch, to the evil Wicked Witch of the West...and the characters in between. The people who traveled with her on that yellow-brick road went through their own transitions. The Tin Man found a heart, the Lion, courage, and the Scarecrow got his brain. We are similar to Dorothy, following our own yellow-brick roads not knowing where they will lead...but knowing that it does lead to *transition* and at the end of the road is our own World of Oz. After we travel all over the world exploring one path after another; we come to find out...we had it with us all the time, the kingdom of heaven is within. There's no place like home, within our own souls are the answers to the mysteries of life.



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"It's not so much that we're afraid of change or so in love with the old ways, but it's that place in-between that we fear...It's like being between trapezes. It's Linus when his blanket is in the dryer. There's nothing to hold on to." ~ Marilyn Ferguson

So my dear readers, doors are closing, doors are opening; its only change, so let go of your blankie.

Evstarr's spiritual journey has taken her coast-to-coast studying the various schools of thought. Check out her website www.reachforthemoon.net for updates on her TV show Reach for the Moon with Evstarr, latest class listings ... to be added to her mailing list. New Louise Hay classes starting Sept. 4th. Contact her at Evstarr@yahoo.com or 440-930-8865 for speaking engagements at your networking events and luncheons.




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