

MERRY-GO-ROUND OR ROLLER COASTER

By Evstarr

We spend half our lives trying to change everything on the outside...our spouses, our children, our jobs, our homes, our bodies...then the spiritual light bulb goes off, and we realize it is "we" who needs to change. Wow, now the "work" really begins, but the good news is we're half way home when we come to the eye-opening realization that it is indeed **us** who needs to change. The sad thing is, there are multitudes of people on this planet who are still busy trying to change everyone else. So consider yourself one of the lucky if you fall into the other percentage. The other good news is, it is a whole lot easier trying to change "**one**" human being than half-a-dozen or more other people.

So now you're with me, you've had that "aha" moment and the time has come to work on yourself. Take a deep breath, it's only change. In the Louise Hay groups that I teach, we start every session with this little ditty of a song that everyone has grown to love...they even find themselves singing in their cars...or their showers.... it goes like this, "Doors Closing, Doors Opening, Doors Closing, Doors I'm Opening, I am safe, It's only Change," simple huh? Well, not so simple, just like everything else we undertake in our lives, it takes a little work, discipline and commitment.

I often tell my students, "Life is like baking a cake...you put in a cup of flour, half a cup of sugar, a couple of eggs, and some butter. Then you mix it all up, put it in the oven and wait for it to bake. The cake comes out and you eat it, but find that it doesn't taste as good as you'd like. So, you try again, put in a cup of flour, half a cup of sugar, a couple of eggs, and some butter. Mix it, bake it, and eat it. Same thing, it doesn't taste quite to our liking." Well, now we're in Life 101, and you've just had your first lesson. Much like the cake, we spin our wheels digging in the same mud (i.e. our jobs), barking up the same tree (i.e. our spouses), riding the same roller coaster (i.e. our dysfunctional relationships), and revisiting that same amusement park (i.e. our comfort zones) mirroring our lives. Then we go around in circles wondering, "**why things are no different.**" Well, my friend, much like the cake, you need to **change** the way you're doing things, and try using different ingredients, adding a little here, taking away a little from over here, etc. etc. Sounds pretty simplistic, huh?

So why does it take us so long to figure it out? We are creatures of habit, and it's scary to come out of our comfort zones and try a new ride. Well, just play it safe, and stay in your little kiddie park riding the merry-go-round and watch life pass you by. We need to get off the choo choo train and start playing with the big guys. Now, I'm not saying you've got to start bungy jumping off Tower City into the Cuyahoga River, or try skydiving after you've just recovered from a skiing mishap. But what I am saying, is change what you've been

doing over and over and over if it's not working out the way you want it to. Remember, "I am safe, It's only change."

The moment you are **willing** to change, it is amazing how the Universe rushes in to help you. As I'm sure you're aware (or maybe not), when we begin to work on ourselves, sometimes (you could probably bet on it) things get worse before they get better. Remember, "I am safe, It's only change." Life is a process, a journey, and just like anything else you embark on, these things take time. Remember the operative word in the first sentence of this paragraph, **willing**. Yes, it's the first step, and quite a remarkable one at that. Now, go ahead, take another deep breath, now put your hand over your throat and repeat this with me... "I am willing to change" again with your hand placed on your throat, and then again and then again. You're still breathing, you haven't fainted and you've just begun the process. Wow, I'm glad that's over. You laugh; you'd be surprised how difficult that is for most people. Not you of course, because I have faith that you're ready and **willing** to go aboard on that journey down the "road less traveled" (giving due respect to Scott Peck). Remember, life is a series of doors closing, and doors opening one after the other. We need to close some doors on our negative beliefs and negative patterns that "**no longer serve who we are.**" It's only change! So are you with me? Are you ready to get off that merry-go-round and try the roller coaster? Start small ride, the Gemini...then, when you're ready, go for the gold and ride the **Top Thrill Dragster**.

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 be sure to check out her new website reachforthemoon.net for upcoming class listings.

