

The Dreaded 'D' Word

By Evstarr

I bet your minds were spinning on that one. Well, here's what I found when doing the keyword search for "discipline": boot camp, Kung Fu, party whip (get the visual on that one), spanking, school principle and the list goes on. What I **didn't** find is what comes to *my* mind when I hear the word discipline. It goes something like this...get up at 6:00 a.m...drink my Metamucil...go to Curves to work out...come home and walk another mile and a half with my neighbor, Sharon...do my 100 sit-ups...check my email...drink my tea...meditate for 15 minutes...make a healthy breakfast...eat slowly & relaxed, looking out at the beautiful skyline of Cleveland...shower, shave, apply make-up...then out the door to work before 9:00a.m. Well, now that would be, if I had discipline. Here's what really happens...phone rings at 7:15, missed my workout at Curves, tell Sharon I'm too tired to walk, and besides the sun ain't even up yet. I do manage to get the Metamucil in, take a 5 minute shower, half apply make-up, no-time for sit-ups, skip breakfast, cut meditation down to 7 minutes, turn the computer on...oops too late to check email, out the door to work at 5 minutes to 9.

Now, I can't swear on it but I would bet there's somebody else out there like me. I have to admire all you Yogi groupies, and the raw food diet people...now there's dedication. I tried the Yoga thing many years ago while I was attending Cleveland State (in my 40s mind you), and I never got past the 8 to 10 week course. I like raw food well enough, but I just can't seem to fathom uncooked soup when it's 10 below with 2 feet of snow on the ground in Cleveland, Ohio. From where I sit, the above-mentioned group of people must have some real discipline...or else they're just plain *out there*. For you and me, and the rest of us folks lacking discipline, it's more like the latter of my daily routine.

When I think of discipline, what really comes to mind is

denial, deprivation, and the word **diet**. For many of us, dieting and discipline are easy fare, with the possible exception of the thin Yogi people. Yoga and discipline seem to go hand in hand, for I've never met an over-weight Yogi person, except for Yogi Bear and we know he had too many picnic baskets. So my visual of discipline means giving up something I like...and I *don't* particularly want to do that. I've tried the Atkins thing, the South Beach diet, even the Curves eating plan...but the truth of the matter is that I don't stick to any one of them for more than a couple of days. I figure life's too short to give up what I really enjoy. I have a ritual that I like to partake in, which includes a phone call every night at 11:00 p.m. from my friend Bill, (you've met him...the man walking around wearing the *Diva* nametag at the Journey Expo.). Anyway, every night we have a toast of red wine over the phone to celebrate something of good fortune, or even misfortune. For those of you who know my philosophy, like Carl Jung once said, "When misfortune happens, gather round ye friends and let's celebrate for some good will come of this." So you see there are too many things in my life that I enjoy doing and I choose to keep on doing them.

I personally like Sondra Ray's philosophy of eating "The Only Diet There Is" and also Ronna Kabatznick's "The Zen of Eating". These particular books on dieting follow the theory of it's NOT what you eat...it's what you THINK about what you eat...which leads me to the point of this whole story. For me on the dieting five-star scale of *stick-to-itiveness* I don't even come close to getting an honorable mention at the Dieting Discipline Oscars. But I will tell you this...if you're going to diet at all, a diet that I stick to fairly regularly with a success rate of 85-95% is the Mental Diet (Emmet Fox)...a diet of abstaining from negativity. As most of you know I am an immense Louise Hay fan and teach her work locally. As my students will attest, I am obsessive about positive thinking, a huge advocate of carefully choosing the thoughts you think and the words that come out of your mouth...the Universe is like a giant computer...program in, program out. It's that simple but, not too easy for some. So next time the dreaded "D" word rears its ugly head, try the Mental Diet and you just might find the weight may come off after all...at least you'll feel good. Love & Blessings, Evstarr

Evstarr's spiritual journey has taken her coast-to-coast studying the various schools of thought. Look for her upcoming Louise Hay groups, Treasure Mapping workshops, along with Angel Card Readings. Contact her at evstarr@yahoo.com to be added to her mailing list, also be sure to check out her new website reachforthemoon.net for latest class listings.



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