

THE GREATEST LOVE AFFAIR

By EVA STARR

What's your love I.Q.? You may be asking yourself right about now...love I.Q.... what's that? On the love-o-meter of life...where do you stand? Yes, on a scale of 1 to 10. Where are *you*? Do you put your kids first, your significant other, your boss, or your relatives?

Allow me to quote a verse from a Waylon Jennings song: "I was looking for love in all the wrong places / Looking for love in too many faces / Searching your eyes, looking for traces of what I'm dreaming of / Hopin' to find a friend and a lover / God bless the day I discover another heart, lookin' for love"

How many of us are looking for love in all the wrong places? What we need to do is look in the mirror and look no further...that's right. Happiness is an inside job and when we love ourselves, I mean really love ourselves...the rest of the world will fall in love with you.

Loving ourselves is the key to *healing our lives* and is the main staple of the Louise Hay work that I do. In fact, I have my students sing a song off a CD of songs I've created especially for the Louise Hay groups and it goes like this...

"I love myself the way I am, there's nothing I need to change. I'll always be the perfect me, there's nothing to rearrange. I'm beautiful and capable, of being the best me I can. And I love myself, just the way I am." That's just the first verse but you get the idea?

"To love oneself is the beginning of a life long romance."
~ Oscar Wilde

Are you one of those people sacrificing (for the *sake of love*) your own needs and desires and put others first? Let me explain it to you like this...the number one person on the planet is *YOU!* Remember the last time you took a plane trip and the stewardess gave the instructions for the oxygen mask in case of emergency? As she went through the instructions you were told to put the mask on yourself *FIRST*, then your children, then the other people flying with you. The reason for this is, of course, *IF* you cannot take care of yourself first, you are absolutely in no condition to take care of others.



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Now, I do not mean this in a narcissistic way, quite contraire.

Ask yourself, how many times have you put others needs before you own, only to resent, suffer, or maybe even get physically ill because of it. If you're saying yes, when you mean no...there's more going on then you just want to help somebody out. Make a list of your should's right now, go ahead grab paper and pen, I'll wait. Write down on a piece of paper at least six things that you *think* you *should* do. For example, a typical list may go like this:

1. I should be married
2. I should lose ten pounds
3. I should have my in-laws over for Christmas (or any other holiday)
4. I should quit my job
5. I should buy a house
6. I should move out of state

OK...you get the idea, now go over that list (your list) and ask yourself *WHY* you should do each one. Go ahead, take your time, and seriously ask yourself, why you should do the above listed things. Now, take a look at your answers, and see which one of them are because you truly beyond a shadow of a doubt, *want* to do the specific item listed because it brings you immense joy, will make you feel better/healthier, or because you've always had a burning desire deep down inside your soul to do it.

Now, go back over your list and ask yourself which one of the above listed are because society, your boss, your significant other, or your in-laws thinks you should do whatever it is. Take a big black marker and cross those items off your list, never to be looked at again. I've just saved you months of stress.

Take what's left over (the ones you truly want to do) and change the word *should* to *could* and start all over with "I could lose ten pounds if..." See the difference? Now it's doable; take it all the way down with, "I could if..." then the next if...and so on till you have your first step.

I can remember a Thanksgiving many years back my daughter and I decided we wanted to have shrimp-stir fry. I thought the roof was going to cave in with the family's reaction, just because a pilgrim landed some 400 years ago, doesn't mean I have to have a turkey.

"I do what I do because it resonates with my soul...I listen to the music of my heart and pick the instruments, which will complete the orchestra." ~ Eva Starr

How many of you are in jobs that you strongly dislike (or maybe even hate). Ask yourself why? How many excuses can you come up with? The bottom line is lack of loving the self. You see we do all of the above should's on our list to gain the approval of other people.

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DEAR LOUISE.....



A Monthly Column from Louise Hay

Louise L. Hay is a metaphysical teacher and the best-selling author of numerous books, including *You Can Heal Your Life*, *Empowering Women*, and *The Times of Our Lives*. For the past 25 years, she has as-

sisted millions of people in discovering and using the full potential of their own creative powers for personal growth and self-healing. Louise's works have been translated into 29 different languages in 35 countries throughout the world.

Dear Louise,

I'm a 40-year-old woman who has been recently diagnosed with menopause and have also found out that I have the sickle-cell trait. I'm losing my hair, and I've just come to the end of a very bad job from which I've been laid off. Financially, I'm struggling. I've been bad with money and have no savings. For some of this time I've been victimized by one of my colleagues, who finally won a tireless campaign to get rid of me. I suffered playground bullying as a child, also. Despite this, I'm very strong and a fighter and am trying to regain my confidence.

My real desire is to have a successful career in writing, and I've been trying my hand at this. I've been to a writing class and some of the extracts I've read have been well received. My current job is as a senior administrator. Overall, I'm really exhausted at this point. What I want is a long rest away from working. I don't want to go full steam ahead into another job, but because I own a home and have debts to pay, I have no choice. Any advice? **D.F., London, England**

Dear D.F.,

It's hard to solve a problem by looking at everything that's wrong. Let's begin by looking at your strengths. Just because you have a "trait" doesn't mean you'll get a disease. You are obviously a survivor. You just ended a very bad job, you own your own home, you're a budding writer, you're strong, and you're half my age! Yes, you have a pattern or two from childhood that needs changing, but this is all doable. Your whole life is in front of you.

Please begin by forgiving the bullies from childhood and the one at work. By doing so, you're setting yourself free and releasing the old pattern that has followed you to the last job. Menopause is *not* a dis-ease. It's a normal transition in life. I went to a homeopathic practitioner when I went through menopause and found it to be most helpful. I see your hair loss as the extreme tension you've put yourself under.

Learn to relax, breathe deeply, and gently and lovingly massage your scalp. Write a daily gratitude list. Say something loving to yourself every time you pass a mirror. It all sounds simple, but this is the way you break old patterns and give the Universe a chance to bring new, wonderful experiences into your life. Affirm: *I am willing to release the*

past. I love and appreciate who I am. Life loves me and I am safe. All is well.

Dear Louise,

I recently adopted a dog, and although I've never experienced an allergy to dogs before, I appear to be allergic to him. I cough and wheeze whenever I'm around him. I love the dog and don't want to give him up. Could you kindly offer suggestions as to the root cause of my newly developed allergy? Thank you so much. **R.R., South Carolina**

Dear R.R.,

Seeing that you've never had an allergic reaction to animals before, I suggest that you contact Dr. Shawn Messonnier at www.petcarenaturally.com. They have natural homeopathic preparations that you'll give to your dog so that you'll have fewer allergic reactions. It sounds miraculous, and it is. Do give this a try.

You can also use the affirmation: *I have a healthy, happy relationship with my dear dog. We both love each other.*

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Questions for Louise? Write to: Dear Louise Column, c/o Hay House, Inc., P.O. Box 5100, Carlsbad, CA 92018-5100 (letters may be edited for length and clarity). Due to the volume of e-mails Louise receives, she can no longer respond via the Internet.

Visit Louise and Hay House at: www.LouiseHay.com or www.hayhouse.com. And, tune in to www.hayhouseradio.com for the best in inspirational talk radio featuring top Hay House authors!

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It's time to take back your life! Quit giving your power over to other people...*give up blame* & take on accountability...reclaim your power. Stop worrying about what "OTHER" people. Think! *Following your own path* and staying true to yourself is one of the hardest things you'll ever do...but you'll feel damn good you did it! I've never been one to do "*the right thing*" who wrote the book on the "*right thing*" anyway! Instead of reading the book "this is what society or your family says you *should* do"...come on over to my neighborhood...and follow the lead from "*what you think of me is none of my business*" ~ Terri Cole Whitaker. You'll wake up and go to bed loving yourself for believing in your own heart!

"He that falls in love with himself will have no rivals."
~ Benjamin Franklin

I ask you to start today...this very minute and *begin having a love affair with yourself*...I can guarantee you it will be the best damn love affair of your entire life.

Eva Starr's spiritual journey has taken her coast-to-coast studying the various schools of thought. She has recently relocated to the San Diego area. Check out her website reachforthemoon.net for updates & to be added to her mailing list. Contact Eva Starr at evastarr24@yahoo.com 440-930-8865 for speaking engagements.