

A SPOONFUL OF POISON

BY EVSTTARR

"WE ARE EACH RESPONSIBLE FOR ALL OF OUR EXPERIENCES." — LOUISE HAY

How many of us take 100% responsibility for our lives 100% of the time?

Well, I can tell you that I spent a portion of my life living in the victim neighborhood, riding the victim mobile. The only language that I knew was victimonics.

Thank God, I've since moved out of that neighborhood, although I must say I ride through it once in awhile. For the most part, since I started my spiritual journey that has spanned over three decades I've learned a great deal about the importance of taking responsibility for your own actions. It's a tough pill for some of us to swallow. As some of you may be aware, I teach the works of Louise Hay who is known in the metaphysical world for the association between your thoughts and your body and/or life.

One of the key points of Louise's work is forgiving the self and others. In the Louise Hay group that I teach we spend the first seven weeks working on *forgiveness*. Let me ask you this, *IF* you indeed did recognize that you and you alone are entirely responsible for your actions and your life, then wouldn't it seem that you wouldn't have the need to forgive anyone but yourself? After all, blaming another person isn't taking responsibility for your life, so the only person to forgive would be you.

How many of you blame your boss for your unsubstantial pay, or your mother for your dysfunctional relationship beliefs, or the government for the state of affairs the world is in, or the dogs for messing up the carpet? You have a choice in everything you do and how your *respond* to the hand that is dealt you, after all *you* picked the cards. Am I making myself clear?

Forgiving oneself and others is the ticket to love, happiness, prosperity and all the other wonderful things waiting for us in this Kingdom of ours. It's up to us whether we want to claim these magnificent gifts now, or come back several hundred lifetimes until we finally understand that love and forgiveness go hand in hand like peanut butter and jelly. It's a waste of time and energy playing the blame game, and I'm willing to bet the bank you have better things to do with your time.

"When you forgive, you in no way change the past – but you sure do change the future." ~ Bernard Meltzer

I'd like you to appease me now and grab a hand mirror out of the bathroom, go ahead, I'll wait. Now that you have mirror in hand, look straight into your eyes and say, *"I forgive you."* Scary, huh? It gets scarier. Now look into the mirror and say, *"I love and accept you."* If you did this faithfully for five minutes a day I guarantee your world will start to change. Don't believe me? Stop any of my former Louise Hay students and ask them about their results. An amazing thing will start to happen; as you love and forgive yourself more, you will automatically find that you are less judgmental of the people and situations around you.

"There is overwhelming evidence that the higher the level of self-esteem, the more likely one will be to treat others with respect, kindness and generosity."

~ Nathaniel Branden

Some of you may be saying right now that there is no way you can forgive so and so for what s/he did. You may even have had some of the most inhumane things happen to you. They may be punishable by law. We all have our stories. According to *The Course in Miracles*, there is no degree of pain – pain is pain is pain. So you won't be winning any Emmys for the most unforgivable story of all. You may get a shot on Montel but that's about it. Like it or not, we are responsible for our lives. Hence, if we are still holding on to even a smidgen of blame or victim-hood we need to forgive.

OK, so you can't even begin to imagine where to start. Start with saying, "I am willing to forgive." I think we can agree that even the most unforgivable person can start with the willingness to forgive. When I'm having trouble with forgiveness in my own world I look back at Jesus and think how he forgave all those people, even the ones who hung



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him to the cross and hammered nails into his hands and feet. He also forgave Judas who betrayed him and countless others.

"Be assured that if you knew all, you would pardon all."
~ Thomas A. Kempis

I like to relay a story about forgiveness in my classes. It goes like this: You are married for 25 years. You put your husband through medical school, raised five children and gave him the best years of your life. One day he comes home and tells you he's running off with his 21-year-old blonde secretary. You happen to see them riding down the street in his new convertible Porsche, his cutesy secretary by his side. Her blonde hair is blowing in the wind; they're both smiling and laughing.

Now, you spend your every waking moment angry, miserable, depressed and thinking of 101 ways to murder your ex-husband. Let me ask you this, who is the happy one and who is miserable?

"Resentment (unforgiveness) is like taking poison and waiting for the other person to die." ~ Malachy McCourt

Evstarr's spiritual journey has taken her coast-to-coast studying the various schools of thought. Check out her new cable TV show Reach for the Moon with Evstarr and her website reachforthemoon.net for latest class listings or to be added to her mailing list. Contact her at: Evstarr@yahoo.com for speaking engagements and your spring/summer weddings.



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