

Ask an Angel

By Evstarr

What *inspires* me? Well, at this very moment it is pain – pain bleeding from my heart. As I lie here in my bed, sipping my Ginkgo tea, allowing myself to be in the moment of my thoughts, I feel a throbbing, aching feeling coming from somewhere deep within the cellular memories of my heart.

Despair overcomes me as I deal with the grief and the realization of the ending of a relationship that can no longer exist as I knew it. The burial of things gone by, the closing of the final curtain. As the room fills with darkness, I am left alone with my thoughts. The comfort lies in the familiarity of the pain. I embrace and welcome you my friend, I know you only too well. So, now that I've let you in – what do I do with you?

That's what *inspired* this article. Wow, I thought as I lay in bed this morning wallowing in *My Own Sorrow #101*, I've taken this course several times. I had just finished my daily meditation and put some extra matters on the table for the Board of Angels to deal with today. I asked, "Help me deal with this pain." Then I picked up my journal and my pen glided over the next few pages as if I was performing at the Olympics gliding over the ice with the grace of a swan and the speed of a roadrunner.

Pain is a motivator, it *inspires* you to move beyond the pain to a more peaceful place, calling on your reserves and bringing in backups from when you visited this place before. "We must embrace pain and burn it as fuel for our journey." – Kenji Miyazawa

As I ponder the multitude of things that *inspire* me I think of the various times I took off work (without pay) because my daughter was in a school play or concert recital. As I sit in the overcrowded, hot school auditorium my eyes are only on that one little nervous yet proud face among all

the other children on stage, my daughter. As my own eyes well up with tears, beaming with pride, I think to myself, "This is it, the moment I live for." I am *inspired* to make all the necessary sacrifices for this one moment in time that will be etched in the memory banks of my mind forever.

When I'm doing something I love, something that I have tremendous passion for, like teaching the Louise Hay groups, I am *inspired*. I am *inspired* from a deep love within to teach, guide and nurture those looking and searching for a way to express themselves as the divine creatures of God that they are, and to heal their lives. The gratification I feel from being a part of the metamorphosis of watching my students blossom from the caterpillar to the ever-elusive butterfly *inspires* me to teach and go the extra mile needed for such a process to be complete. "The most powerful weapon on Earth is the human soul on fire." – Ferdinand Foch

I am *inspired* when I sit on the point (a grassy section of cliff in front of my home overlooking Lake Erie) and watch the sunrise or the full moon rise above the horizon changing in colors from blood red, to deep orange, to pale yellow, to finally that luminous white silvery ball in the sky. I sit in awe as I listen to the sound of the waves crashing against the shore, noticing a squirrel scurry up a tree and an occasional seagull swoop down to grab a fish. The vastness of this marvelous Universe *inspires* me to do whatever is necessary to keep this planet we call Earth alive and healthy.

I am *inspired* by the smile of a stranger on a crowded street that just touched my heart by his random act of kindness. It *inspires* me to want to be a better person. In amazement, I reflect on how a solitary act of kindness can touch a person's soul and change their lives forever.

So, I ask you my dear readers, what, who, when and where do you get your *inspiration* from? The *inspiration* is inside each and every one of us, waiting for you to open the door and let it run wild. The next time you're moving through your pain, ask an angel and become *inspired*; I did!

Evstarr's spiritual journey has taken her coast-to-coast studying the various schools of thought. Look for Treasure Mapping & Prosperity classes coming up in Avon Lake (440-930-4135). Contact Evstarr@yahoo.com for speaking engagements for your upcoming events & to book your Angel Card parties. Check out her web site www.reachforthemoon.net for latest listings & to be added to her mailing list.



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