

# Banana Bread or Chocolate Mousse?

By Evstarr

Everyone has it, some more than others. Some people don't know they have it, others know they had it and think they lost it, and still others are searching the world over trying to find it - *wishing* they had it. Well, if you haven't figured it out by now my dear readers, I'm here to tell you it is *Intuition*, which leads me to a story.

Once upon a time God was trying to figure out where to hide the *Kingdom of Heaven* so it wouldn't be easily accessible to just anyone. He thought and he thought, and he thought some more. At first, taking this quite seriously, he pondered and thought, "I'll hide it in the deepest, darkest forest, *no*, man would look for it there." Then he reflected some more and thought, "I'll put it on top of the highest mountain, *no*, man will look for it there." Then he remembered Atlantis and thought, "I'll bury it underneath the deepest sea, *no*, man will also look for it there." All of a sudden God got the "ah-ha" moment, "I'll put it within man, he'll never think to look for it there." So the story goes, man continues century after century searching the world over for the *Holy Grail*. Traveling about here and there, seeking out the mystics of the world, the yogis, the Buddhist monks and the Zen masters, amongst a myriad of others along his trail, only to find out, similar to Dorothy in the *Wizard of Oz*, it was with him all along.

Well, we don't have to travel from Kansas to the Emerald City, dancing with munchkins, or ducking winged monkeys or burning wicked witches, nor do we have to travel to Tibet and spend weeks in a cave chanting "Ohm." Oh, you say, that sounds like fun, well don't let *me* stop you. I'm merely suggesting that you go find your own little corner of the world and breathe. Go into your own cave, otherwise

known as *the silence*. Once there, connect to Source Energy, your Higher Power, God, whatever you want to call it; it is *there* that we make the connection otherwise known to many as *intuition*.

For me, this is what it looks like: I take my usual position in the Angelic corner of my office each morning, close my eyes and breathe. Sometimes I'm breathing for quite awhile before I realize I haven't started my daily ritual of calling out my spirit guides, ascended masters, those who have gone before me and crossed over into the spirit world, and an angel here and there. You see, it doesn't really matter how, what or where I do it. You don't need all the bells and whistles, but if you like a little drama in your life, like most of us, then go for it. It's simply a matter of getting connected to your Divine Source each morning. That way when you go throughout your day and you get those miniature bouts of synchronicity and psychic impressions, or that feeling in your gut, you act on it, *intuition*.

My understanding of the difference between prayer and meditation is that prayer is *talking* to God, while meditation is *listening* to God. I have a student that will say to me from time to time, "But I don't get anything when I meditate at home." I explain it like this, what you are doing is unplugging the dam, imagine the chakra system, the seven spiritual centers of the body that run from the top of your head to the bottom of your spine like a garden hose. Well, the garden hose may have a lot of kinks in it, and the Source Energy isn't able to clearly connect with you throughout your day. Therefore, by you taking time out to breathe and meditate you are in essence clearing the channel, opening up a clear frequency, much like a radio, so God can *speak* to you. Therefore, each day that you stay tuned in to the God channel, so to speak, you're making it easier for him to reach you by way of your *intuition*. It doesn't necessarily come during your times of silence. You're fine-tuning the channel, allowing your vibration to rise a little higher each day. In doing this, you're more apt to be *tuned in* to God and able to *hear* that voice of *intuition* thus acting upon it.

Intuition comes to us in countless forms. Sometimes we're so self-absorbed in our own delicate dramas that God is knocking and we're tuned into the *wrong* station. Being a Cancer, a water sign, one of the more intuitive signs of the Zodiac, intuition is like second nature to me. But then again, I must tell you; I do spend time in daily meditation. There have been times in my life, though, where the dial not only



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wasn't tuned into the right station, but was on a different frequency altogether. It's like trying to talk to a horse but you're speaking pig Latin; right pasture, wrong barn. During those times of my life when I wasn't paying attention to the obvious signs that were happening all around me, I literally received an email from God one morning entitled, "Evelyn, how's that cake looking?"

Let me tell you, that one got my attention. I had just spent the previous night talking to the students in my Louise Hay group about *baking a cake*. I used the cake as an analogy referring to life. You keep putting the same ingredients into the cake and you wonder why it doesn't come out good. You bake the cake again, same ingredients, and it still doesn't taste good. Well, after about the third time (and that's if you're a quick study), you realize if you want something in your life to change, you need to use different ingredients! Bingo!

So, for the next few weeks, I'd like to give you some *growth work*: Pick something in your life that isn't working for you and *dare to go out on a limb* and try something different. If you want your life to epitomize a Chocolate Mousse, then quit using the recipe for Banana Bread.

*Evstarr's spiritual journey has taken her coast-to-coast studying the various schools of thought. Look for her upcoming Louise Hay groups starting in January. Contact Evstarr for speaking engagements for your upcoming events and to book your Angel Card parties at evstarr@yahoo.com. Check out her website at www.reachforthemoon.net for latest class listings & to be added to her mailing list.*



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