

Dandelions or Roses

By Evstarr

The most vivid memory I have of the word “Dandelion” is when I was a very young child in grade school when the teacher gave us a list of words to illustrate...and one of the words was “dandelion”. My mind of course being a steel trap, even at a very young age, searching for the abstract and surrealistic of any situation (ignoring the obvious) drew a picture of a lion, full mane of course, very courageous looking and above his picture I wrote the name “Dandy”. I kid you not; the “dandelion” weed variety totally eluded my steel-trap mind, now beginning to look like a sieve. I’ve grown leaps and bounds since then, but still have a lot of gardening to do, but I will always remember that particular incident.

When pondering the theme for this issue, “seeds”, my brain took off in many directions, like the true Aries rising person I am, only to come back to the basics. When I think of the word “seeds”, I think, how does your garden grow? Like all of us on the spiritual path, we know that “like produces after its own kind”... “as we sow, so shall we reap”... “a thought manifested in here (our mind) produces out there (the world)”. This is not news to many of you I’m certain. But, how many of us really pay attention to those seeds we are continually planting in our minds day after day, night after night?

Did you rotatill your garden, or are you one of those people who like to take short cuts and think you can start planting the seeds without doing any of the real heavy duty work? Well, I’m here to tell you that, much like our gardens, our minds work the same way. In order to get that soil ready for those new seeds that we all want to plant, we need to rotatill, and rotatill, and rotatill till all those rocks, and weeds, and miscellaneous garbage is cleared out of there. How do we do that? Simple, dig deep, become aware of all those rocks (stumbling blocks), those dandelions (our deep-rooted beliefs), and anything else that no longer serves who we are, that may have gotten into the ground over the past year or so (negative thought patterns).

Are you fertilizing your garden (mind) with cheap low-grade fertilizer or are you using top quality brand soil. We feed our minds daily with the thoughts that we think. Now, that you’ve prepared the ground, you’re ready to plant those seeds (your thoughts). In the Louise Hay classes that I teach, I am relently

reminding my students what you thought about and said yesterday is creating your tomorrow. Most people are under the assumption that what we say and do today is creating our todays. **WRONG**, you did that yesterday! So when we walk around complaining day after day, in essence what the Universe hears is “oh, Mary, John, or whoever is complaining, so let’s give them more to complain about, because that must be what they want.” The Universe is like one big giant computer, you program the material in, and it processes it out, easy as one, two, three. It doesn’t stop to think, “let’s see now, did Mary or John really mean that, or are they just kidding”...**NO** feed in, feed out.

OK, now it’s time to fertilize. How are you fertilizing your seeds (thoughts) on a day-to-day basis? Do you wake up in the morning and feed them nutritious thoughts of love, self-nurturing, acceptance, and compassion or do you kill them with poison such as judgments, resentments, unforgiveness, self-hate and anger? You’re the gardener; it’s up to you. Do you water them only occasionally, or do you shower them with gratitude and blessings? Now, much like the seeds we plant in our garden, we let go and let God do the rest with a little nurturing and watering along the way. We don’t keep pulling the seeds out of the ground to see how fast they’re growing, we trust that we did the work to have a beautiful garden and let the Universe take over. In our daily lives, we think we surrender, only to go back and dig it up again, take a look at it, wonder why it’s not growing as fast as we want it to, but oh, “we said we let go” still with the yo-yo affect going on.

Look at it another way, “this is your life”, similar to that old TV show, and you are the director. Yes, it’s your movie, is it a drama, is it a comedy, or is it a horror flick? You are not only the director, you are the main character, and you wrote the script and placed all those actors and actresses in the movie. Yes, you wrote every line, all the players are mirror images of what you are projecting, sounds scary huh? The good news is, you can re-write the script any time you feel like it! Yes, you can even change it from a thriller to a feel-good movie. You can even eliminate some of the players, (get that Drama Queen out of there) and add new players, ones who support who you are, and contribute to your higher purpose. So is it a mystery, one in which we’ll never find out who you really are, or is it an Academy Award winner like Ghandi?

So my dear readers your life is your garden, it’s up to you to do the work. Do you want roses or dandelions? The choice is yours. Happy gardening.

Evstarr’s spiritual journey has taken her coast-to-coast studying the various schools of thought. Look for her Louise Hay inter-active classes at Unity Spiritual Center (440-835-0400), New Dream classes at Journeys (440-333-1311) & Unity, workshops at LCCC (1-800-995-5222) & Angel Card Readings at Goddess Blessed (216 221-8755). Evstarr can be reached at evstarr@yahoo.com be sure to check out her new website reachforthemoon.net for latest listings.

