



By Evsttarr

When I think of the word *freedom*, what comes to my mind is the freedom to *choose your thoughts*. This I learned many moons ago when I first picked up Louise Hay's book [You Can Heal Your Life](#). Since that time back in the 80s...as many of you know...I began my metaphysical journey and my passion for teaching Louise's work.

A few years back I remember reading an absolutely incredible article about one man's experience in a Nazi prison camp, where he *himself* was not only tortured beyond one's horrific imagination, but unfortunately saw countless women and children mercilessly tortured and killed. The single most significant thing which stood out for me while reading this article was despite how cruel the guards were, how appalling the conditions were, and the most God-awful things he was forced to do he stated, "his saving grace was the *freedom of thought*." That was the solitary thing, nobody, not even the Nazi prison guards could take... the freedom to be in his own mind and *choose his own thoughts*, which kept him sane and alive long enough to eventually escape. While reading that article it takes me back to Louise and what I teach my students in my Louise Hay groups...*you have choice, I have choice, we have choice*.

It all started when you were merely a "twinkle, twinkle little star" searching for the perfect parents for whom would be a *best fit* for you to carry out your life plan...ooh they don't like to hear about that one. Well, like it or not, it's true — you've had freedom of choice from the beginning. At this point in my introductory class the hands go up, "I *have* to go to work," someone will say, then I respond "*NO*, you *choose* to go to work because you choose to have a job, because you choose to pay the rent, and the list goes on." You see, my friends, you can choose to quit your job at any

time — you'll have to deal with the laws of cause and effect, but it's still a *choice*. Then of course, there's always one in the group who will say, "I have to pay taxes," and my response once again is "*NO*, you *choose* to pay taxes because you choose to stay out of jail." Another good one I used to hear from my now teenage daughter, Shayna, as she was growing up was, "Ooh you make me so mad." I would calmly look at her and say, "No, you choose your thoughts, so you are choosing to react in an angry manner. I am not inside your head and cannot choose your thoughts for you." Since those early days, she no longer wastes her breath on *that* argument.

So you see my dear readers...it all boils down to a thought, and like Louise says, "A thought can be changed." Think about something right now that has you thinking sad, angry or any other negative thoughts in your mind. OK, now retrace those thoughts in your mind and rethink them any way you choose, you have that power at all times. When you allow another human being control over your thoughts, you've not only given your power away but you have become *powerless*. You see, when you allow another person to upset you...you then become unable to change the situation because you've given your power away and put the ball in their court. Reclaim your power — get the ball back in *your* court. Now change your thoughts and you're on the path to changing your course of action in any given situation.

Let me repeat something I heard many, many moons ago from one of my first metaphysical teachers, "You can't necessarily change *what* happens to you, but you can change *how* you respond to *what* happens to you." So many of us walk around powerless, blaming someone else for our problems, instead of taking responsibility for our own lives. We must remember for all of us, no matter where we live, where we work, who's involved in our little cinemas, like it or not, it's *your* movie. You're the director, you wrote the script, and *yes* you decided who the actors and actresses would be. So, now *you* are the only one who can decide whether you're directing and acting in [Life Sucks](#) (1991)—Mel Brooks or [It's a Wonderful Life](#) (1946)—Jimmy Stewart; it's *your* movie.

Evsttarr's spiritual journey has taken her coast-to-coast studying the various schools of thought. Look for her upcoming Louise Hay group at Unity Spiritual Center, Treasure Mapping workshops, & Angel Card Readings at Goddess Blessed. Contact her at evsttarr@yahoo.com to be added to her mailing list, check out her website [reachforthemoon.net](http://www.reachforthemoon.net) for latest class listings.

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