

Mirror, Mirror on the Wall

By Eva Starr

When you get up in the morning and brush your teeth, who do you see in the mirror? Better yet, how do you view that person in the mirror? Locked in the reflection staring back at you are the keys to unlock your soul.

It takes courage to really look at the person staring back at you and then go deep within to uncover the mysteries. It takes even more courage to look deep into the eyes of the soul and repeat back to yourself, "I love you. I really love you and I accept you for who you are."

In the life work that I do, the prime fear of many clients is to look in a mirror and say, "I love myself exactly as I am." You'd be amazed at how extremely challenging this is for some people. Go ahead, try it yourself now, I'll wait. Grab a decent-sized hand mirror, something that you can see your *entire* face in. No cheating.

Now, sit down with mirror in hand, look straight into your eyes and say to yourself, "I love and accept you exactly as you are."

In the beginning, most people can't do this for more than a few seconds. Some can't do it at all. I encourage you at first to work up to two minutes, then five and then ten minutes a day. If you think this is easy, then count your lucky stars because you are indeed ahead of the game in the arena of self-love.

Why does it take so much courage to look in that mirror? The answer lies within your soul, not mine. We all have skeletons in our closets. Some of those closets haven't been opened for decades, and we're scared as hell to open that door for fear of what might come tumbling out.

It can be frightening to look inside of ourselves, and it can even be more of a challenge to love what we see. But that is the key to mastery – self-love. It's no secret that loving the self opens the door to a myriad of opportunities in our lives.

Ignore The Critics

It takes courage to be the person in the mirror who

doesn't really care about what others think. Terri Cole Whitaker summed it up when he wrote: "What you think of me is none of my business." Boy, if we could make that our motto and live it, truly live it, what a world of difference it would make.

Ralph Waldo Emerson said that whatever course you decide upon, you are likely to always find someone to tell you that you are wrong. Difficulties always seem to arise, which tempt you to believe that your critics are right. "To map out a course of action and follow it to an end requires courage," Emerson said.

As Emerson so wisely pointed out, to follow your own path and be true to that person in the mirror takes courage. I have gone against the grain nearly my whole life. Some might say it has cost me; I say it depends on how much freedom you want. Do you want the freedom to follow your heart? Do you want the freedom to chase your dreams and live your passion?

Well, if you do, you're going to have to stand up to the world. You're going to have to stand up to that person in the mirror and really love that individual. You are the one who goes home with yourself at the end of the day and you are the person who gets up in the morning to peer into that mirror.

As many of you are aware, I relocated to San Diego a year ago. The naysayers were thunderous and fierce. They had a plethora of reasons why moving 3,000 miles across the country was a ludicrous idea, to put it mildly. But I'm not living *their* dream, I'm living *mine*. How about you?

Ask yourself right now, what is *your* dream and are you living it?

Open Doors

Sure, it takes courage, but you just need to go back and look into that mirror and tell yourself once again how much you truly love who you are. Give yourself permission to love where you are right now. Then, and only then, will the Universe open its doors wide for you.

You don't need to know how you are going to accomplish your mission. The how is none of your business. The how has never been your business; it's up to God. You just need to get out of bed, gaze into the mirror, give yourself a big nod of approval and put one foot in front of the other. Like the headlights of a car that shine 250 feet ahead as it travels the roadway, your own journey in life will be illuminated ahead of you as you travel the highway of life.

Remember Whitaker's sentiment: "What you think of me is none of my business." It takes an awe-inspiring amount of courage for you to do what you do and not worry about what the critics say. It's appalling enough that the world is full of critics. But then you have your own inner critic, too, that monkey-mind that loves to start its own dissertations.

Reach For
The Moon

Life Coaching
Metaphysical Workshops
Speaker • Past Life Regressions
Astrology Charts • Treasure Mapping

Eva Starr
440-930-8865
evastarr24@yahoo.com

www.reachforthemoon.net

STOP the madness. To thine own self be true. It's you in the mirror at the end of the day, not them.

Start today by loving that person in the mirror. Give yourself permission to follow your dreams. Then with all the courage you can muster, take that first step and then another one. One step at a time. Wayne Dyer says it best ~ "Don't die with your music still inside you. Listen to your intuitive inner voice and find what passion stirs your soul."

Now go back to that mirror, mirror on the wall.

Eva Starr's spiritual journey has taken her coast-to-coast studying the various schools of thought. Starr has recently relocated to San Diego, CA. Visit reachforthemoon.net and evastarr.com for up-dates, and to be added to her mailing list. Contact Eva Starr at evastarr24@yahoo.com (440) 930-8865 for speaking engagements.

Fran Rosen

Astrological And Tarot Consultations

Astral Luminations

**Personal, Telephone And E-Mail Consultations
Natal, Transits, Progressed and Relationship Charts
Spiritual Tarot Readings Parties Group Lectures**

Phone: 440-785-0200

**E-mail: fran@astralluminations.com
www.AstralLuminations.com**



The Relaxation Station

Debbie Craven, EMP

Certified Massage Practitioner
Certified Reflexologist
Reiki Master/Teacher

554-A Water St.
Chardon, OH 44024
debbie_craven@yahoo.com

440-567-3156

By appointment

www.debbiecraven.abmp.com

Advertise in the Journey
Call 440-223-1392

Rev. Timothy J. Brainard

CERTIFIED PSYCHIC - MEDIUM • VETERAN READER
SPIRITUAL COUNSELING • READINGS

P.O. BOX 569, GENEVA, OHIO 44041

CALL FOR APPOINTMENT

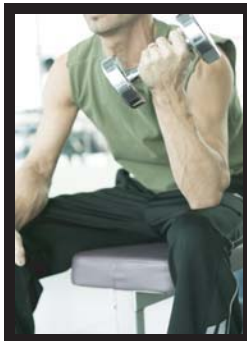
440-964-0457

VOICE MAIL 440-478-8323

PRIVATE OFFICE - PHONE AND GROUP READINGS



Mentor's Premier Boutique Hotel



LAWNFIELD

INN AND SUITES

8434 Mentor Ave. ~ Mentor, OH 44060
US 20 & Route 615 (Exit #195 off I-90)

A place to relax...

50 Spacious Guest Rooms including:

Microwave & Refrigerator in King Suites
Complimentary Upscale Continental Breakfast
Fitness Center ~ Meeting Rooms
Outdoor Heated Pool ~ Honor Bar

Smoke Free

(440) 205-7378

Toll Free (866)205-7378

Fax (440) 205-8436

www.lawnfield.com