

Row, Row, Row Your Boat

By Eva Starr

About 10 years or so ago, my youngest daughter Shayna and I were camping at Pymatuning State Park, which borders Ohio and Pennsylvania. Pymatuning is the largest man-made lake in Pennsylvania, consisting of 17,088 acres of open water, known for its Walleye fishing.

This one particular afternoon I decided to rent a rowboat and take Shayna on this colossal lake for the afternoon to take our shot at fishing. Her and I had fished the metro parks countless times for bass and blue gill, and occasionally had the opportunity to go out on someone's boat for the day and show off our perch fishing skills. That day was our first shot at going out alone on a lake where the shoreline disappeared from the likes of a rowboat.

We took our turns at rowing, which isn't the easiest task on the planet, and headed for the ideal bass fishing spot, nestled amongst some drooping tree limbs in a cove-like area. The anchor happened to be a plastic gallon milk jug filled with wet sand. So I hauled that anchor over the edge and we proceeded to out smart the elusive bass, or so we thought.

An hour or two went by and we decided to try another spot on the lake. So I took the oars in hand and attempted to row the boat to the next bass "hot spot". About a half hour or so went by and we seemed to be getting nowhere. I couldn't understand it...I rowed and I rowed and I rowed. The only thing that appeared to be happening was the row boat seemed to be going in circles...that's when the light bulb went off in that Mensa Mind of mine. Duh, yes you guessed it, I forgot to pull the anchor up. Famous story, which I shared for several years, I don't mind poking fun at myself in certain situations.

The moral of this "fish tale" is that the anchor is exceptionally symbolic of what we carry around with us on a day-to-day basis, our *past*. Interesting isn't it...the *past* keeps us anchored to the same ol' spot not allowing us to fish uncharted waters where there may be schools of bass, an anglers paradise. It's quite challenging to row your boat down the river of life, when you're anchored to that stagnant fishing hole from days gone *past*.

Take a lesson from Ebenezer Scrooge in the Charles Dickens classic, *A Christmas Carol*. The Ghost of Christmas Past was the first of three spirits that haunted ol' Scrooge. It showed him scenes from his past, his old boarding school where he was deserted by friends and family, his time as an apprentice to Mr. Fezziwig, and one of the most hurtful of all (for Scrooge to relive) was when he let Belle, his fiancée leave him because of his love for money. Scrooge was given a second chance, as are we all, when Scrooge grabbed the metal cup, and extinguished the flame of the androgynous figure, known as the Ghost of Christmas Past.

Being a Cancer, an astrological sign born between June 20th-July 22nd, I know only too well about holding onto the *past*. The Crab is infamous for holding on with its pinchers, refusing to let go. The fourth house of the Zodiac, which is ruled by Cancer, deals with nostalgia, memorabilia, antiques, home and family. Let's just say, it goes with the territory being a Cancer, which is something I've learned to accept and deal with. Lots of Cancers have issues with constipation because of their inability to release. This Universe of ours is incredibly symbolic.

What I've found in my own life is even though I reverted to an occasional slipping back to days gone by, I prefer to leave that anchor behind. After all, it would've been a much harder journey if I traveled the 3000 miles to California with my anchor still in the sea. Lighten up your loads dear readers! What I've also found, especially in my work with the teachings of Louise Hay is that we need to observe our negative patterns, take a look at where in our past they stem from, usually from about birth to the age of seven, recognize that we are still carrying that anchor with us transferring the negative patterns and beliefs into our present and then carrying that anchor into our future. Next time you find yourself in a place where you just don't seem to be rowing along at the speed you'd like, ask yourself these questions:

- What am I holding onto from the past?
- Who am I punishing?
- How is this serving me?



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- What am I afraid will happen if I let go?

When a huge ship is starting to sink, what is the first thing the Captain does? He throws everything overboard that is weighing the ship down. Let me ask you this, if you were in a rowboat with 100 pounds of gold and yourself; and God said to you from the Heavens above, "Throw the gold overboard or you will drown," what would you do? Life is about taking chances, letting go of the old to make way for the new. When I was in the bar business, I remember one particular establishment I worked at where the tip cup was no bigger than a six-ounce plastic cup to hold rubber bands. I said to the man who was training me, "That will never do," and grabbed a big beer pitcher. He shook his head and said the owner won't like that, I assured him the owner would be just fine. We filled up that beer pitcher, emptied it and filled up another beer pitcher, emptied that and filled up a third. You see, you need to empty your old cup to make room for the Universe to fill it up with new substance. The Universe abhors a vacuum and encourages us to continually let go of the *past* and make way for the new; this is Universal Law.

So let's look at the darkness, (our *past*), understand where it came from and what it was here to teach us, feel it, move through it, pull up anchor and row, row, row your boat to broader horizons across the sea of life.

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 for updates, also new e-books, audio mp3s & CDs & to be added to her mailing list. Contact Eva Starr at evastarr24@yahoo.com 440-930-8865 for speaking engagements.



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