

Soul Food

By Eva Starr



I met and agreed to marry a man. I gave up my job, car, etc. and moved to his state. Once I'd gotten here, he began to change. Now he's just a nasty SOB and I'm totally stuck.

Soul Food is dedicated to all my readers, as an offering to share my metaphysical musings and the lessons I have learned throughout my journey in this classroom we call Planet Earth. I encourage your questions and quandaries as we grow together toward solution and enlightenment.

Dear Eva:

I'm so frustrated and at my wits end. I've made a huge mistake. I met and agreed to marry a man. I gave up my job, car, etc. and moved to his state. Once I'd gotten here, he began to change. Now he's just a nasty SOB and I'm totally stuck. It's a small college town and I can't even find a job to work myself out of this situation. I don't have a car now and no way to get around. I'm just stuck in this small apartment. In addition, things seem so hopeless. I've got to get out of here. I'm getting really depressed. I have no money, no nothing. I don't know why I'm writing; I'm just so desperate. -BK

Dear Desperate:

When there seems like absolutely *no* way out of a situation, there is only *one* way – and that is to turn it over to a higher power. Call it God, the Universe, the Angels, whatever works for you, the name isn't important. What is important is to recognize that there is a power greater than us, that knows the answers that we can't see. The *how* is up to God.

There is a process called *The Golden Key*; whenever you think of the problem, turn your thoughts to God. Then sit down and, on paper with a pen, write out the problem as a question: "How can I get myself out of this situation?"

Then write out 25 answers without stopping. You'll be amazed at how fast the pen will move. Then every day do at least three of the things on that list. Call a prayer

line. There are tons of them; find one you like and keep the number in your cell phone. Remember, when you are thinking of the problem and what has gone wrong you are also praying, but you're praying for more of the problem, so Golden Key it each and every time.

Last but not least, silently bless and forgive that so called SOB. The fastest way to bring the blessings upon yourself is to see them for the person you are upset with. You'll be up and running again in no time. Good Luck!

The fastest way to bring us to something better and something we love is to start loving where we are.

Dear Eva:

I'm in a job that I absolutely hate but I'm afraid to quit because I know how hard it is to find a job these days. I also don't know if I'm good at anything else. The job I'm at, I've had most of my life but it is causing me so much stress I'm afraid it just might kill me.

When I get home from work, I take out my frustrations on my family, and I don't mean to; it's just that I'm so angry all the time. It seems like I have nowhere to turn. Please help. -MR

Dear Stressed:

I know this is going to sound like a paradox but listen carefully: The first thing I encourage you to do is start loving your current job. Yes, I said *start loving your current job*. The fastest way to bring us to something better and something we love is to start loving where we are. Sit down and make a list of all the positive things that job has brought you since the first day you went to work.

List the building, or the relationship you've formed, or the beautiful drive on the way to work, and the fact that you were able to provide for your family. I think you get the picture. From this point forward, just focus

on the good things about the job; the Universe will take care of the rest.

Now, let's address the other issue – that you don't know how to do anything else. I'd bet that if I asked a bunch of your friends and family, they'd be able to come up with a few things that you're absolutely great at. Answer these questions: What do you like to do for fun? What do you do that you just get lost in and time flies by? What would you do even if you didn't get paid? Now start doing those things – even if it's just a few minutes every day. Before you know it, how you look at your job now will change, and doors will start opening up for you in other areas.

Nobody says you have to throw the baby out with the bath water, but stranger things have happened. For myself, when I'm in a job that I strongly dislike, and I'm afraid to leave because of the economy or whatever false premise I'm buying into at the time, I end up getting fired. Which for me is a relief; then I don't have to ask myself whether I made the right decision by quitting.

You're stronger than you think you are, and remember: God never gives us anything we can't handle.

Eva Starr's spiritual journey has taken her coast-to-coast studying the various schools of thought. Starr now resides in the San Diego area, devouring the alluring buffet of wisdom the West Coast has to offer. E-mail your questions to soulfood@evastarr.com. Visit her websites reachforthemoon.net and evastarr.com to sign up for her weekly online Soul Food column and monthly newsletters.

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