

Soul Food

By Eva Starr



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

Dear Eva:

I have a daughter who I'm worried sick about. Months, sometimes years, go by and I don't hear from her. Word through the grapevine is she's fallen into the world of drugs and I don't know how to help her. No one knows where she is, I'm afraid she may be homeless or worse... dead. I can't go on living like this. I don't sleep at night and every time the phone rings I think it may be the dreaded call. -JC

Dear Sleepless:

Coming from a mother of two daughters, I know only too well the fear of *the dreaded phone call*. Allow me to share with you a quote from the prophet Kahil Gibran: "Your children are not your children. They are the sons and daughters of Life's longing for itself. They come through you but not from you, and though they are with you yet they belong not to you."

With that being said, worrying about your daughter is only bringing more into your life to worry about. What we think about we bring about. The brain cannot hold a positive and a negative thought at the same time; it's virtually impossible. When fear and worry come into your head, stop right where you are and think of a positive memory you have of her. Bring that thought to your mind each and every time a dark thought enters.

God gave us free will, and it is not up to us to interfere in another's life. Our children have their own paths to follow, and neither you nor I know what that is.

Something that works for me is writing a letter to their highest angel. Express all your thoughts to her angel, and ask her angel to watch over her and protect her. Light a

white candle and hold her in the light. Imagine God and/or her angels with a huge vase filled with white light and they are pouring fountains and fountains of light over her. When the time is right she will come out of the darkness, and the light you've been holding for her all this time will be there waiting. You will make it through this my dear, divine timing is just that: Divine.

Dear Eva:

I'm torn between all this talk about goal setting and

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doing, and the flip side of just being and doing nothing. One guru says this; another says that. It's enough to drive a sane person crazy. How do you know what to do and what not to do? I feel like I'm on a merry-go-round and it's going nowhere. Any light you can shed on this subject would be greatly appreciated. -SM

Dear This and That:

I feel your dilemma. As Shakespeare said: "To be, or not to be: That is the question." Especially in these times, with all the spiritual gurus out there, knowing which way to turn, who to listen to and what to do is a quandary for plenty of us. A wise sage once told me, "Whatever is meant to be yours will not pass you by." For myself, I try to remember those words when I'm faced with the question: Should I or shouldn't I?

I strive to look at it this way; I meditate, pray about it, listen with my inner voice, and then go put feet on my prayers. When I think back to the plethora of blessings that have come into my life, the finest ones just came to me; I didn't go searching for them. This one thought alone has helped me when my busy brain is going a thousand miles a minute and I'm trying to plan my next move toward my divine path.


Remember the cliché, if you want to make God laugh tell him your plans, and if you want to make him laugh even harder tell him your plans for your children. Take all that information, sort through it like a sieve and keep what works for you. You and only you are the final judge

on what works in your life, besides God.

So get off that merry-go-round, get out of that same park you've been riding in, change your scenery, trust your instincts and then let it come to you.

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 that the West Coast has to offer. Email 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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