

Soul Food

Soul Food is dedicated to all my readers as an offering to share my metaphysical musings and the lessons that 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.

By Eva Starr



I've heard it said: "Holding a grudge is like swallowing poison and expecting the other person to die."

Dear Eva:

I'd like your help on understanding the forgiveness process. There is a situation within my family where I have not been able to let go of something that happened more than 20 years ago. I hear a lot of talk on the power of forgiveness but honestly I am at a loss as to where to begin. I'm getting old and I'm tired of holding onto this. It's time to let bygones be bygones, but where do I start?

Tired in Tremont, OH

Dear Tired:

Forgiveness is one of the hardest things for the majority of people to master; yet at the same time it is one of the most crucial. The good news is anyone can do this if you are willing. Yes, it's as simple as that; you just need to "be willing" to forgive and the Almighty Universe will take care of the rest.

In the Bible (Luke: 23:34) it states, "Then said Jesus, Father, forgive them; for they know not what they do. And they parted his raiment, and cast lots." This of course, is much easier said than done. The interesting thing about forgiveness is if you truly understood that the prisoner in holding on to grudges is *you*, not the person you're angry at, then it will be easier for you to forgive.

I've heard it said: "Holding a grudge is like swallowing poison and expecting the other person to die." Understanding the aforementioned statement is the catalyst for the beginning of your forgiveness work. Just be willing, tell God, your higher power, the Angels, or whomever you talk to you: "I am willing to forgive so and so but I can't seem to find it in me; help me, show me how." Once you've taken that first step, the how is up to God.

What I suggest to my clients is to imagine God holding a gigantic bottomless vase in his hands (from

above) and pouring fountains and fountains of white light and blessings onto the person you're trying to forgive. Also, in your daily meditation start visualizing all the wonderful things you'd like to see happen in your own life happening for the person/persons you're trying to forgive and just watch the miracles appear.

You may want to add some forgiveness food to your diet, such as spinach, kale and sipping on green tea to heal those emotional hurts and balance that heart *chakra*. It starts with the willingness in your heart my friend. Take the first step, and then let God do the rest.

Remember the headlights only shine 250 feet ahead when driving. It's the same with traveling the highway of life.

Dear Eva:

I've read a lot of material on living in the moment, and I must say it's easier said than done. I find myself caught up in the "what ifs" of tomorrow and the "regrets" of yesteryear. I try to live in the present but my mind seems to get caught up in the past or the unknowingness of the future. How do I live in the here and now? *Preoccupied in Pittsburgh*

Dear Preoccupied:

As Eckhart Tolle offers in *The Power of Now* and Louise Hay in *You Can Heal Your Life*, the "point of power is always in the present moment." You are not alone in your quest for attaining the ever-elusive living-in-the-moment Nirvana; it's something we all strive for.

First let me stress the benefits of living in the here and now.

Clarity of mind: Living in the moment keeps you focused on the now and allows the natural rhythm of life to flow to and through you.

Peace within: Staying in the present prevents you from driving full-speed into the future with dark glasses or constantly looking into the rear-view mirror.

Positive thoughts: The world is a much sunnier place, there is less room for the darkness of fear to creep in when you shine the light on everything.

For myself I would start a purging program and release anything that no longer serves who you are and who you are becoming – people, places and things. Then I would do a forgiveness inventory, (see previous question) and work on that. Love where you're at, and what you do now, focus on solutions not the problems, and smile baby smile.

Remember the headlights only shine 250 feet ahead when driving. It's the same with traveling the highway of life. God shines the light just far enough down the road for us to see, and then we fuel the rest of our journey with faith until he/she shines the light on the next 250 feet of our path to enlightenment.

Keep driving, put a little Van Morrison in the CD player and you're on your way to enjoying where you are and living life in the moment.

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. 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 & monthly newsletters.

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