

Spiritual resident maps the stars for community

AVON LAKE

By Rebecca Turman

Throughout her life, Evelyn White said she has always pursued fields that allowed her to help people in some way. In 1993, she went to Cleveland State University to study psychology and started volunteering at the Providence House, a crisis nursery in Cleveland, and the Westhaven Youth Shelter in Cleveland. After volunteering at the centers, White decided to get more involved in social work, and she began working as a legal advocate for domestic violence at the Genesis House in Lorain.

While White dedicated her time to helping people through her social work, today she devotes all of her time to helping people spiritually.

White has always dabbled in the spiritual/metaphysical world and has always been intrigued by it, she said. What started out as a hobby for the Avon Lake resident soon became a way of life when, about a year ago, she left her job as an office day manager at the Savannah Bar and Grill in Westlake and made the metaphysical realm her full-time focus.

"I studied everything I could possibly study in the metaphysical field," White said. "Last April, I quit my day job and turned everything over to the universe."

Today, White, known as "Evsttarr" to her students, specializes in several areas of spirituality. Most recently, White's main focus has been her 14-week-long Louise Hay workshops, which she has been teaching for the past four years. Louise Hay wrote "You Can Heal Your Life" in the '80s, which is based on the theory that individuals are responsible for their own reality and that people make themselves sick by having thoughts of self-hatred. Interested in Hay's theory, in 2001, White took an intensive course in San Diego and became certified to teach Hay's work.

"I get an immense amount of satisfaction from helping people transform their lives," White said. "They bring me to tears by their openness and willingness to learn. It's gratifying to look into a room and see from week one to 14 how they have transformed."

White plans to start a new Louise Hay workshop



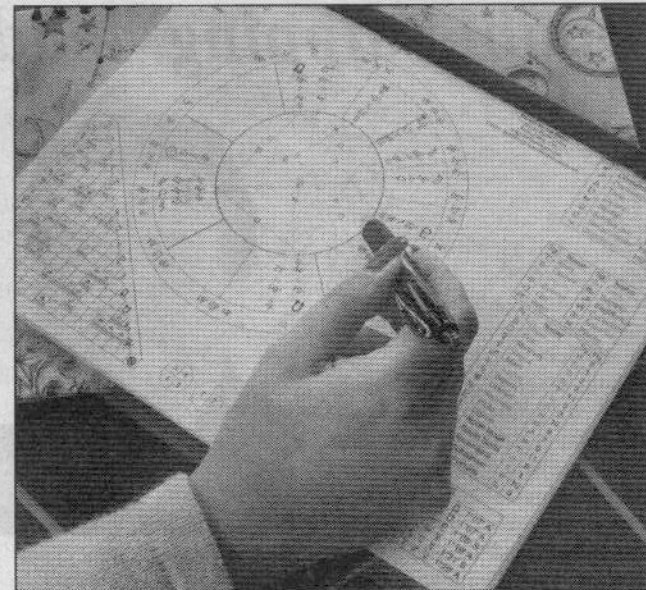
Evelyn 'Evsttarr' White, a metaphysical expert of Avon Lake, stands in her mediation corner in her home office.

at the Avon Lake Community Center in September.

Treasure mapping is another specialty of White's. Treasure mapping consists of focusing on one goal and making a collage that reflects that goal. After creating a treasure map, one is supposed to look at the map every day, and the goals will manifest through positive affirmation. The maps can take anywhere from three to six hours to make, and White teaches classes on treasure mapping throughout the area, including a class to be held at the Community Center, March 4.

"My students look at their treasure maps every day and often, within a short time, their goals come true," she said.

Along with seeing her students' goals become reality, White has also watched some of her own goals manifest through treasure mapping. For exam-



White points to an astrology chart that she is working on.

ple, she has lived on the lake since 1999, a goal she reached after she actually made a treasure map with the goal of living on the lake. White's most recent treasure mapping goal is to meet with Oprah Winfrey, she said.

Treasure maps and Louise Hay workshops aren't White's only specialties. She occasionally teaches astrology, meditation and prosperity classes and does individual readings. She recently started to do relocation astrology (astrocartography) readings, the newest form of astrology that helps zero in on the places that are best suited for people to find love, education, successful careers, etc., based on planetary lines on the globe.

White has also been an astrology and dream columnist for four years for *The Journey*, a mind, body and soul magazine published in northern Ohio, western Pennsylvania, Buffalo and Toronto.

"I'm blessed to be doing things in my own community," she said. "I feel guided [by spirits] in everything that I do."

(For more information about "Evsttarr," visit her web site at www.reachforthemoon.net.)