

# The Chicken & The Pig

By Evstarr

**A**s I rush to meet the deadline once again, my thoughts are running rampant. Commitment...what does that mean to me? Wow... like everything else in my life, there is no quick answer. For those of you who know me...I don't know the "Reader's Digest" version of anything. If you ask me what I had for dinner last night I take off into an hour-long story because...there is a story behind most things I do...even the mundane things like eating.

So my friends, commitment is loads of things to me. As I ponder through the memory banks of my mind and run through all the various things I've been committed to in my life...and the things I "think" I was committed to, one thing comes to mind – "there's no stopping me now." Yes, when I "commit" to something, I mean really commit "there's no stopping me." Look out – I'm on a mission. When I look back, 15 years ago after my 2<sup>nd</sup> daughter was born I was on a mission to lose 30 pounds. Oh let me tell you, I was "committed"...there was no stopping me. I joined River Oaks Fitness Club, did aerobics, 3 to 5 times a week, rode my bike with the baby on the back almost daily, ate healthy and even went as far as going to the license bureau and making them change the weight on my driver's license ahead of time to reflect a 30 pound weight loss. Oh, I lost the 30 pounds in 3 months and kept it off. Now, 15 years later I've been trying to lose 20 pounds or so for the last 2 years. Am I committed you ask? Oh I think I am, but deep down I know it's not a number one priority and I'm not on a "mission." See, that's the difference, commitment is when you think it, feel it, breathe it, talk it, walk it, see it, hear it, smell it... and nothing gets in your way.

Four years ago, I was out of work from a social work job that closed its doors due to lack of funding. So picture this, I'm out of a job, not a penny in the bank, and no credit cards and I decide that I want to go to San Diego and take the Louise Hay 10 day-intensive training to teach her work globally. The cost of the workshop, hotel, food etc. was close to \$3,000. Crazy idea you're thinking, huh? Well, let me tell you...once I've made up my mind on something, like I said I'm on a mission and "there's no stopping me", I was committed! Did I do it? Yes, I did...and there was never a doubt in my mind that I would. You see, deep down I know the difference between something I'm committed to, and

something I "think" I'm committed to.

So what does it take you ask? Ask yourself how bad you really want it? What are you willing "to do" to get it? What are willing to give up? Then...my friends, the "big daddy" question of them all...ask yourself if you are willing to "stop at nothing" until you reach your goal? If you can answer a resounding **yes** to this last question, then I'd say you're committed.

I really take the word "commitment" to the nth degree when I'm on a mission. As many of you know, I teach "Treasure Mapping" workshops, an extensive part of my whole process once I have a goal in mind. For those of you who aren't familiar with "Treasure Mapping" let me paint you a picture. The necessary ingredients are as follows: a poster board, a picture of yourself, magazines, glue stick, a pair of scissors and you're raring to go. You visualize in as many of your senses as possible the "completed" project, trip, relationship, what ever it is you desire...then you pour yourself into it, whole body, heart and soul! Walla! Now you have a focal point to visualize and away you go, you're committed...and..."there's no stopping you now."

So my dear readers, go through the list of things you've been committed to in your lives: the relationships, (take a deep breath) some of us are more committed to sabotaging relationships then making the commitment to stay in them, (but that's for another issue); the career, or finding your "dream career"; the diet; your spiritual path, and whatever else comes to mind when you make that "list" of things you're committed to, and see if you can answer the question "are you willing to stop at nothing until you reach your goal?"

I will leave you with these words "The difference between 'involvement' and 'commitment' is like an eggs-and-ham breakfast: the chicken was 'involved' - the pig was 'committed'." - Unknown

*Evstarr's spiritual journey has taken her coast-to-coast studying the various schools of thought. Look for her upcoming Treasure Mapping & Crystal Workshops, along with Angel Card Readings at the Goddess Blessed (216 221-8755). Contact her at [evstarr@yahoo.com](mailto:evstarr@yahoo.com) to be added to her mailing list, also be sure to check out her new website [reachforthemoon.net](http://reachforthemoon.net) for upcoming class listings.*