

The Oxygen Mask

BY EVSTTARR

If someone asked you *if your life is in balance*, what would that mean to you? Go ahead, ponder this for a minute or two, I'll wait. The other morning I chose to get up earlier than usual for I needed to get a newsletter out before 6 a.m. So I arose at 5:30, sat down at the computer, finished what I had started the night before and sent the newsletter on its way by 6. Looking out my window, I could see the sun was just starting to rise (I live on the shores of Lake Erie facing the northeast). I grabbed my canvas fishing chair, walked outside and set my chair down on the point, a quiet grassy knoll across from my driveway. As I positioned myself in my chair, sipping a cup of green tea, what happened next set the scene for my entire day.

I sat there at 6 a.m. in the quietness of my little dead-end street, watching the magnificent deep orange color of the sun peeking its crown above the horizon of the still waters of Lake Erie. I watch the lake daily, as I can also see it from my office window, where I spend most of my time on the computer. As I sat, I was surrounded by beauty and stillness, it seemed that there was no sign of life anywhere, the entire street must be sleeping I thought. As I watched the sun continue to rise, I could hear the birds chirping here and there, the water motionless. I continued to sip my tea in awe, feeling a privilege beyond compare to be witness to such a display of nature in *balance*, I could not move.

"Balance is the perfect state of still water. Let that be our model. It remains quiet within and is not disturbed on the surface." – Confucius

Some people might think that the world is out of *balance*. Well, if it is, then how did it get that way? Surely God created a balanced world, is it man that creates chaos, thus altering the *balance* of things as they once existed. Now that you've had time to ponder my question, what did you

come up with? Journal your thoughts while I share with you my thoughts on the subject.

I recently had an aura reading done, where you sit with your hand on a box with metal nodules while a mini-camera takes a picture, putting you and your aura on the screen of an aura video machine. While examining my aura, with my chakras exposed I was told by the aura interpreter that my heart chakra was out of balance. *Oh my* I thought, what does that mean, and how many crazy things do I need to do now to bring it back into *balance*?

Well, being a Cancerian, and you fellow Cancers will know what I'm talking about, I have a tendency to over-nurture. Yes, it's the nature of the beast, being in the healing profession, especially with a lot of the Louise Hay work that I do, I spend a lot of time helping others bring their lives into *balance*, emotionally, mentally, spiritually and physically. So before my aura guru could mutter his next words I said, "I already know, I need to *balance* what I'm giving to others with how I'm nurturing myself. To tell you the truth, I treat myself pretty well and I thought I was already doing that."

"The word 'happiness' would lose its meaning if it were not balanced by sadness." — Carl Gustav Jung

The next morning as I was finishing my meditation I drew the angel card of Play Time. Hmmnn I thought, this is the *second* day in a row I drew this card. Simply stated, it told me that I'm spending too much time and energy on hard work and stress that I need to go out and play and have some fun, then come back and let the creative juices flow. Well, of course, I know that! I tell my students that all the time, but does the teacher do what the teacher teaches? So I got in my car, went over to Dave & Busters, put \$20 on my Dave & Busters card, told myself I'd play the games for one hour. I had a blast slamming down the big button trying to get the frogs to jump on the lily pads, watching the cherries spin on the slot machines, but my favorite was the polar bear ice fishing with a bat, the fish jump up out of a hole in the ice, while you swing, the polar bear's bat. If you get four swings in a row, then a goldfish jumps up and you get extra points for that one.

Well, right before my hour was up I hit the jackpot on the make the bell ring game. You slam the button and stop it on the flashing bonus light as it travels up the ladder. All of a sudden, there were bells and whistles going off everywhere and tickets were pouring out of the machine so fast I couldn't keep them all in my big plastic bucket. Wow, I must



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have hit the jackpot, and just in time, I was out of points on my Dave & Buster's card. I then proceeded to go over to the little store and cashed in my tickets on a cute little pink Wishnik doll, (I think they call them Trolls now). Well, my hour was up, I'm coming home with a Wishnik, and I feel rejuvenated...back to the drawing board. How many of you take a break from your busy schedules to bring *balance* back into your life?

"Life is like riding a bicycle. To keep your *balance* you must keep moving." – Albert Einstein

Remember there is a reason the stewardess says, in case of emergency put the oxygen mask on—*you first*, children next. If you don't take care of yourself, you're no good to anyone else. So put the *balance* back in your life, do something for *you* for a change, you'll be glad you did, and so will everyone else around you.

Evstarr's spiritual journey has taken her coast-to-coast studying the various schools of thought. Look for her ever-popular Louise Hay classes starting in September, register early, these classes fill up fast. Check out her new cable TV show Reach for the Moon with Evstarr. Contact evstarr@yahoo.com for speaking engagements & visit www.reachforthemoon.net for latest listings & to be added to her mailing list.

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