

TO BE AWARE THAT YOU ARE NOT AWARE

BY EVSTTARR

I had a nice leisurely drive ahead of me this afternoon heading toward Oberlin, so I thought I'd listen to a motivational CD I had left in the CD player, preparing myself for a pleasant drive this balmy day in late November. As I turned on the CD player, what I heard next almost caused me to run the car off the road into Lake Erie.

It was some sort of rap music, or heavy metal, I'm not quite sure with some young male voice singing "oh baby, that's all I want to do is ___ _ you." My seventeen year old daughter acquired her license not too long ago and has become *one* with my Nissan Altima. Is this the type of music today's youth is listening to? My motivational CD was nowhere to be found, and the rap CD surely wasn't going to get any playing time from me. I'll just listen to the sound of my soul I thought.

I was heading toward the Common Ground in Oberlin for a meeting of metaphysical like-minded people and, as per my usual route; I jumped on the turnpike anticipating getting off at the very next exit, Baumhart Road, Vermillion. Next thing I know I'm driving surrounded by eighteen-wheelers in front of me & eighteen-wheelers to the left of me and it seemed like I'd driven a bit longer than two miles. I thought to myself, how could I have missed that exit, I've been to the Common Ground at least a half dozen times, and I wasn't even talking on my cell phone. The next exit was a long time coming; I started seeing signs for Cedar Point – now I know I've gone too far. I searched for my cell now to let the Common Ground know I missed a turn and I'd be running late.

As I got off at the next exit at the Turnpike, the pleasant lady in the toll booth told me where I was and allowed

me to make a U-turn and get right back on the Turnpike heading back the way I just came. I made it to the Baumhart Road exit and got on Rt. #113 heading west...it'll be a piece of cake now I thought. What, you've got to be kidding me, I was now seeing signs for Wakeman, Ohio, and I was in Erie County, once again, I missed the turn. So hence, I went heading back once again from where I came. I wasn't distracted by music, I wasn't distracted by my cell, how could this be? What is the meaning of this I thought? I am a bit obsessive about everything having some kind of meaning symbolically and metaphysically. You do know, don't you my dear readers; there is NO such thing as coincidence.

As I was heading toward the Common Ground, I was pondering the meaning of all of this. There's got to be some grander divine reason in the scope of the almighty Universal plan of my life, it's just not hitting me in the face. Isn't that how we want everything in life, to stare us in the face in big bold letters? Actually, it would be nice if God would send me my messages via the Good Year Blimp carrying a banner, "Evelyn this is what I've been trying to tell you" so that when I look out my office window there it would be – my message from God.

As I finally arrived at the meeting one hour and fifteen minutes late and apologizing to the group, I was still pondering what does all this mean? I'm not one to let things go to easily...it's the Cancer (astrology) in me holding on and clinging to everything with those crab like pincers. OK, I thought, let's carry on with the meeting and when I get home, I'll ponder this one thousand times more. It was a great afternoon with wonderful minds brainstorming together on raising the Universal consciousness and how we could all be a part of it. Now I'm on the road again, let's see how it works this time.

I headed back toward home via a route I've traveled at least a few hundred times, and as I was approaching the exit Rt. #83 I made *another* wrong turn, heading south instead of north toward the lake where I live. That's enough. OK God, I shouted, what is going on here? Still no answer. So I figured I'd make use of my wrong turn and run a couple of errands since now I was headed toward the Avon Commons.

The weather had taken a turn for the worst, now it was pouring rain, and the winds started kicking up. The late November air had turned brutally chilly, to say the



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least. I headed home after an eight-hour day of making one wrong turn after another. Once I arrived home in the comfort of my living room, I was so exhausted the only thing I could bring myself to do is take a nap. So there I lay, at 7:30pm on a Thursday evening setting my kitchen timer for twenty minutes. I awoke two and a half hours later and I headed toward my home office to finish up some last minute computer work.

Awareness, hummmn...what is it all about? I definitely wasn't *aware* today missing all those turns. The only thing I had to distract me was my monkey mind, all that chatter in that brain of mine that never seems to stand still, except of course when I meditate, thank God for that. It brought to mind something Dave Tuscany said when I attended a fire walk last October. One of the main keys to life is to *pay attention*. His words rang in my head now. How often do we go about our days mindless, aimlessly floating like a canoe without paddles?

We need to examine this and become aware of what we are doing at the moment, every moment of every day. In this world that we live in where multi-tasking has become a buzzword, is it all that beneficial? How can you be giving your child 100% of your attention when you're typing away on the computer, balancing your checkbook, or watching television? These are just a few questions I encourage you to look at. When we are multi-tasking, we are not in full *awareness* of any one thing. I had a boss that would repeatedly say to me "multi-task, multi-task" which is what the business world feeds us. Then we take it home and allow it

to invade our home lives and our personal lives.

I have my greatest creative moments when I am either doing dishes or taking a shower...both tasks I do routinely with NO great mental concentration whatsoever. We need to be aware that we are NOT aware most of the time, and then do something about it.

"The first step toward change is awareness. The second step is acceptance." ~ Nathaniel Branden

Evstarr's spiritual journey has taken her coast-to-coast studying the various schools of thought. Exciting new workshops based on the movie The Secret...check website for times & locations. 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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