

## Weekly Whisper Script January 4, 2010

The Whisper gives guidance based upon your intentions--what you have chosen to be, do, or have. If you are unclear about what you want, you'll likely get conflicting messages. Imagine reviewing the restaurant menu and you have no idea what you'd prefer to eat. Perhaps nothing looks good or maybe there are just too many delicious options. The waitress cannot bring you what you want until you choose something! When you place your order with the cosmic waitress--the Universe, the Whisper automatically starts guiding you towards the manifestation of your intention.

Think of the Whisper as your navigational system. Like in your car, your navigation system, will not tell you where to turn until you have first chosen your destination, right?

I've facilitated several thousand of one-on-one sessions over the last 20 years and here is what I have repeatedly noticed. When people are unclear on the outcome they want from the session or for their life, the information coming through kinesiology can appear to be vague. If the client didn't know what they were going towards, there was no context for the information coming through to them.

Our first step in easily recognizing guidance, in regards to our goals or intentions, is to become crystal clear on the outcome/result you are choosing. Once clear, wisdom and intuitive guidance flows like water. If you aren't clear, start with the intention of becoming clear. Just start there!

When you have doubts or conflicts about your intentions or goals, your guidance may give you what appears to be mixed messages depending on what you are focused on in the moment. If you are intending A as an outcome, guidance in that moment will direct you towards A. But if in the next moment, you change your intention to B, guidance will take you to B. If I am constantly changing my mind back and forth from A to B, what progress can I really expect to make?

Many people start out the year with a resolution to do A but because of their inner confusion and conflict, they switch back and forth between A and B so many times that they don't achieve either one. Let's imagine that you are in Texas and you tell your navigation system you want to go east to NY. You get half way to NY and decide you want to go west to LA. You get half way to LA but change your mind once again and decide to go back to NY, you can imagine the outcome. You will never get to LA or NY until you choose and stick to it. This doesn't mean it's wrong to change your mind. It does mean that you are unlikely to end up in either place until you firmly choose and stick to it.

The Whisper is so very allowing and respectful, always honoring what you choose. You can change your mind endlessly and it just doesn't matter to the Whisper. But, if you choose to actualize a specific outcome, it's important to choose from clarity and commit to it. For inspiring suggestions on choosing from joy, listen to Vanessa's Weekly Whisper for December 28<sup>th</sup>, 2009.

People often have buried emotions, blocked memories, and unconscious beliefs lurking behind their confusion and lack of clarity. If after listening to the audio you still aren't clear, consider asking for assistance from a professional coach. If you don't have a qualified coach to help you, both Vanessa and I are available for private consultation to help you gain clarity and direction, quickly. And, of course, our sessions are guided by your Higher Wisdom (using EvoK) so you aren't guessing or speculating, you will know with certainty what to choose.

May 2010 be your best year yet in recognizing, trusting, and following your essential Whisper!