

Weekly Whisper Script
January 11, 2010

Will the Real Inner Guidance Please Stand Up?

A few days ago, a friend asked me if the sensations of inner guidance are always accurate. She experienced a situation that felt confusing to her. She went into a clothing store really desiring to buy an outfit she wanted, but as she approached the checkout counter she felt an inner constriction and the feeling not to buy it. She wanted to know which sensation was really inner guidance, the desire to buy the outfit or the inner sensation not to buy it. She ultimately purchase the clothing anyway, but now is planning to return it.

The inner sensations of guidance are always accurate. They can be relied upon to tell you the truth. However our interpretations of what we are feeling may not be accurate. We may try to figure out the reason for the sensations but the rational mind is not capable of knowing that. Inner guidance reflects and aligns with your broader knowing.

I asked my friend why she was planning to return the clothing. She said she had been given some money during the holidays and thought about what to spend it on. It had been a while since she splurged on a new outfit so she was excited about getting some new clothes. But when she got back home, although she liked what she bought, she kept feeling *dis-ease* about it and now wants to return the items. I suggested she become quiet and ask herself which sensation feels like it came from a place of knowing---the desire/decision to buy clothing, or the constriction she felt not to buy it.

Without hesitation she immediately responded that the constriction felt, as she put it, “more real”. She knew at that moment that she would definitely return the clothing—as she said “the money is for something else, although I don’t know what for just yet”. She immediately felt a sense of peace and even excitement about freeing up the money for something better.

A couple of das ago I bought a rack of baby back ribs—I’d been having a taste for BBQ ribs. “*Well I must get some BBQ sauce*”, I thought. So I stood there looking at the variety of sauces not knowing which to get and feeling a sense of constriction about them all. “*But I have to get some sauce*”, I kept thinking, so I landed on a bottle only to come home and find a bottle of sauce inside the refrigerator door that I had completely forgotten about. All I could do was laugh.

Listen, we wrote the book on recognizing and following inner guidance, but I bought the sauce anyway. We’re going to screw it up occasionally, but the good news is the sensations are ALWAYS accurate—100%, so all that ever happens is you give yourself excellent feedback and get better and better at it. Do your best to stay joyful.