

Weekly Whisper Script

January 18, 2010

Wow, do I ever feel vulnerable sharing this story? I, like many people, want the world to think that I never had a negative thought. I don't want to reveal the darker side of myself. But, you know, that's just the idiot attempting to keep me from sharing something of value with you. I know based upon the work I've done with people over the last 20 years that I'm not alone. Most of us never share the kinds of thoughts that I'm sharing here today and that is exactly why I am going to share them. We hide them in the privacy of our own mind for fear that if we express them that we'll be locked up or alienated.

Let's face it, the mind says totally unintelligent and scary things sometimes. Until you realize that that is just what the mind does (if you haven't already) you continue will be a victim of your mind and think that you are horribly flawed and that you don't deserve the greatness of what life has to offer. I want you to know that your mind is normal even when it says ridiculous things. The key is not to believe it when it is saying stupid and/or destructive things. I'm blowing the whistle on this mental behavior so that when the mind starts to take you over, you can remember this and move beyond it.

What did I do to move beyond the mind? I started with a mind dump. I put my pen to paper and just wrote and wrote and wrote until I began to feel mentally free from all of that stuff my mind was telling me. My God I thought it was never going to stop. Until I put it on paper, it was real to me. By putting it on paper, I disassociated from it and became to become the observer of it. Here is just a very small portion of what I captured on paper. It is raw and unedited. None of what I was saying to myself was true, but until I capture it on paper, I believed it was. I'm sure you'll relate. Here's goes.....

God, I'm stuck. I feel as though there is an angry old woman inside me. I saw her in my mother's mouth and face when I was a child and now I have those same pursed lips on my very own face. God help me! I've turned into my bitter old mother. My lips are pursed. My forehead is tense as if it is saying, "I don't trust the world or anybody in it, including myself!" My God if people saw me, they'd be shocked. What happened to LaRue? She's always smiling!

I set that big, hairy, audacious goal for myself for 2010 and now I feel totally shut down. I can't move. My jaws are locked. My hands are drawn closed like fists as if I'm ready to fight the world. Wow, I 'm amazed to find myself this way. I have a Weekly Whisper to produce this week and I feel like a total fraud. Where do I start? How can I make it pretty? Better yet, how can I get honest enough to make it real? I feel so cut off from God.....and the mind went on and on and on. Then I started to come out the other side after pages of free-flow mind dumping. I have over 20 years of transformational tools in my back pocket. It's time to put

them to them to the real. Can I shift this one? They've worked in the past, but what about now?

I was finally clear enough that I could start using my EvoK tools to get to the root of this mind chatter and undo it. After some clearing procedures, I came to an understanding. The reason that we do not always clearly perceive the voice of God (the Whisper) is because we have an aversion to our true worth and grandeur. We've identified ourselves as separate, small, disconnected and limited. We have forgotten that we are one with the All That Is! When we renounce limitations and embrace our worth and grandeur, the voice of God (the Whisper) will unerringly be heard loudly, clearly, and persistently.

Want to hear something interesting? Even during all of the mind chatter that was crippling me, I still heard the Whisper, but I chose not to follow it. It said, "Call a friend and ask for help. Pick up a book and read chapter three." My mind ignored it. Once the suffering became too painful and I couldn't take it anymore, I acted by picking up pen and paper and started dumping the contents of my mind.

I was surprised by my behavior and can honestly say that I'm so grateful for the experience. It's been a very long time since I had experienced anything like that. In fact it had been so long that I had forgotten what that was like. Having the experience opened my heart of understanding to those who experience this on a daily or regular basis and have no clue that there is anything they can do about it.

I trust that my sharing helps you to know that you are not alone and that there are ways to deal with the mind. I survived that dangerous neighborhood inside my own mind, once again. I trust that what I've shared helps you when the idiot decides to pay you a visit.