

## Weekly Whisper Script January 25, 2010

### Get On the HOV Lane

I have a new mantra now. It's my signature line at the end of all my emails.  
It is *Above All Else, Pursue Joy*.

It is more than a cute phrase. It's the measure of success in our lives. It is what we are designed for.

A few weeks ago my husband Sterling and I made a drive into the city of Houston which is about a 45 minute drive from our home. On the way back home we were caught in rush-hour traffic. On the left was a lane and the cars were zipping along. It was one of those HOV lanes, for high occupancy vehicles – vehicles with 2 or more passengers. We wondered how we could enter that lane but there was no opening. We kept scanning for an access point but there wasn't any. We were pretty envious of the travelers over there in the express lane clipping along rather nicely while we were jammed up in 5:00 traffic. We made a vow that on our next trip we would find out where to get onto the express HOV lane.

Well did you know that you have an HOV lane inside you that you can jump on and zip toward your desires? I call this express route the High Operating Vibration lane. And to jump on this lane is through the **expression** of love and appreciation. In other words, focus your thoughts, words, and stories on what you love and appreciate, and as soon as you do you shift into the express lane.

The Whisper tells you what lane you are in by the way you are feeling. Are you in the express lane zipping along feeling expansive, energized, aligned, or stuck in traffic feeling frustration, irritation, constriction?

Here's the way it works.

You are way more than a physical body; at the source of you, you are pure vibrating essence and energy. Everything vibrates, moves, and exchanges energy, including thoughts, beliefs, and ideas. Vibration is felt as distinct sensations. When we are thinking thoughts that vibrate at the frequency level of source energy we feel joy, peace, resonance, energy, certainty, expansiveness, and so on. We call these distinct sensations The Whisper. Resonance, for example, is a distinct sensation or feeling of deep alignment. The feeling of alignment or resonance occurs when what you think, say, and do match in vibration to your pure essence. The Whisper is your communication pathway to this pure essence or Source. The more aligned you are in your thoughts, desires, and actions to this energy vibration of source, **the better you feel**. This is your High Operating Vibration lane. The energies of love and appreciation are our highest vibrations of expression and put us on the express lane to joy. By focusing our attention and actions on what we love and appreciate, we feel aligned and connected to the energy

of our divine essence. And it is this sensation of alignment - The Whisper - that leads and guides us to what we desire and does so through inspired, energized action. Now, that was a mouthful; so you may want to print off the transcript below so you can take some time and read this. Plus I've written out a few love and appreciation statements there as well so you can get the hang of this.

So here's the simple version...**if you want to create the experiences of what you desire (and let's face it, what we desire most is freedom and joy) then you must first put yourself in a state of high vibration. You've got to jump on the HOV lane. You have to vibrate at the level of Source energy in order to create at that level. And the fastest way to freedom and joy is to think on what you love and of what you appreciate as often as you can.**

Happy Travels

### Love and Appreciation notes to Self

**Begin now finding thoughts and words of love and appreciation and do this throughout the day...and watch how fast you begin seeing your life change.**

I love the way toothpaste tingles in my mouth. I love how my teeth feel so clean. Who made toothbrushes, what an invention, I so appreciate these tools that keep me healthy and feeling so good.

I love how the refrigerator keeps my food cold so that I can enjoy all this wonderful food days after I buy it.

I love how my feet feel when they touch the ground and hold me upright

I love how my heart beats rhythmically and I don't even have to think about it.

I love how the cool breath feels in my nose

I love how my fingers are flying across the keypad to type these words, I so appreciate my grandmother who taught me to type when I was eight years old, what a wise woman!

I love sharing the Whisper with hundreds, thousands, hundreds of thousands, of people all around the world.

I love how technology allows me to communicate with those I love instantly

I love

I love

I love

I love

I appreciate breath

I appreciate the connections my brain makes with my body so I can walk and talk

I appreciate that I can pay my bills

I appreciate the waitress who brought me two teabags instead of just one

I appreciate one teabag

I appreciate the brilliance of the team who developed 'remote start' for my car... yes!

I so appreciate the men who lovingly carved the flagstone for the pool, who were covered with dust, I appreciate their craftsmanship and artistry. I love listening to them talk in

their native tongue, the flow of the language, the laughter, and I love that even though I don't know what they are saying that they have the same feelings I have, there is no difference.

I appreciate how much I am served, the mail is delivered, the stores are stocked and open, the lights and gas turn on, the news is aired, everywhere I turn someone serves me!

I appreciate

I appreciate

I appreciate the time in traffic to listen to The Weekly Whisper audios ;)