

Weekly Whisper Script February 1, 2010

Man! Did I ever want to rant and I decided to do just that. I'm a very private person and find it safer to keep my thoughts to myself, put them on paper and do Byron Katie's *The Work* to find my mirror. Once I have taken ownership of my thoughts and questioned the ones that are untrue, I will then communicate from a place of clarity what needs to be said, if anything. Usually there isn't much left to say.

Since one of my patterns is to keep my thoughts to myself as a way of hiding, I decided to expose my ego (which I referred to as the idiot in the January 18th edition) to my friend to really see it in action. So, I called my friend up and I let him have it. (I did warn him that I wanted to rant.) He, being conscious and evolved, knew that it was my issue and didn't take it on. Mostly likely, I wouldn't have unloaded on someone without his level of consciousness and ability to stay present, like I used to do in years past. When I used to unload on people who were unconscious like myself, we had two egos at war and that only lead downhill.

My ranting went something like this. "You just dropped a bomb on me! I feel shell-shocked. What can I count of from you?! Do you ever commit to anything?! (His wise reply was, "You are the sayer, do I?" To my surprise, I started listing off all of the things he is committed to—in my opinion. Funny, huh?

It soon became very clear to me, through our conversation, that if 'I' had such an emotional charge on *his* lack of commitment that *I* needed to take a look inside myself and find where I have had a lack of commitment in the past which I haven't forgiven myself for, or where I'm currently not committing. Would you believe it, just as the upset I told about in the January 18th issue, it led right back to the goal I had set for 2010.

Here's the bottom line. Highly charged emotional upsets are filled with untruths (lies, illusions, and delusions). They feel very real when we are experiencing the emotion that they trigger. But, with a sincere willingness to investigate, see the truth and take ownership of the untruths, they melt away.

So what does this have to do with the Whisper, you may be asking? When you are emotionally upset and the untruths are screaming in your head, you just cannot hear the Whisper. And, when the Whisper actually does get through all of the noise, we usually just argue with it. When the noise subsides, the voice of truth -the Whisper—can easily be discerned, once again.

Here's how I responded to the situation in three steps.

1. I expressed what was feeling.
2. I exposed my ego by expressing the raw emotion and unmonitored thoughts/feelings.

3. I took full responsibility for my projection. I had a commitment problem. He may, or may not, have a commitment problem, but that's not my business. That's for him to work out if he does.

I don't recommend that you just unload on somebody like I did. It rarely goes so well. First, put it on paper to find your mirror. For how to do this, go to TheWork.com. And, secondly, if there is anything left to say after you have done The Work on it, express what needs to be communicated in "I" statements, taking full ownership with no projection. They'll be open to hearing what you have to say rather than preparing their come back or defense.

I hope this helps you with your next upset so that you can return to the quiet voice of the Whisper.

By for now!