

## Weekly Whisper Script

### February 15, 2010

SCRIPT:

Recently while meditating, a most subtle thought came to me. Go into your office and get the Spiritual Healing book. The thought that followed was "I don't want to get up". I continued to sit there. Then the thought came in again just as subtle and gentle as before, "Go into your office and get the Spiritual Healing book." It was followed by the same lazy thought about not wanting to get up off of the couch. This happened three or four times before I became conscious ENOUGH of this inner dialogue to even recognize that 1) the Whisper was instructing me to get the book from the office and 2) that there was an inner disagreement going on.

The two thoughts, when they first starting coming in, were so subdued that the conversation was almost unnoticeable- it was like a very faint sound in the distance. It wasn't until it was repeated that it became obvious. When it became obvious and I realized what was really going on (the personality was arguing with the Whisper), I got off of the couch and got the book to find there was a healing symbol that by laying my hands on it would take my meditation to a deeper level. The Whisper never argues. It may repeat itself, but it never argues. And, it never criticizes.

Distinguishing these two voices is vital. In order to recognize what the Whisper IS, it sometimes helps to recognize what it ISN'T.

Byron Katie, from [www.TheWork.com](http://www.TheWork.com), says that the first thought you have is the voice of God... what Vanessa and I call the Whisper. The second thought, the one that argues, is NOT the Whisper. The other voice, the second voice, is resistant, argumentative, critical, demeaning and often tries to rationalize with you. The Whisper never manipulates, rationalizes, or forces you into anything- it simply speaks from the Stillness of you Being.

There is a clear and effective way of recognizing when the Whisper has spoken and that is when the second voice says something like, "Oh that was nothing!" as an attempt to dismiss what the Whisper has just said. Pay attention when you hear or think those words!

I have been facilitating personal growth sessions with people for over twenty years now. There is a common phenomenon that sometimes occurs when I have asked the client to go inside for an answer or guidance. When they open their eyes, I will ask them what they experienced. Many times they will say, "Oh nothing!" I used to believe them, but now I go probing for more info. Did you have a thought pop in that didn't make sense to you? Did you feel anything in your body or sense anything? Most every time I make these inquiries, we discover that they did, in deed, have something come to them. It was so subtle that their intellect told them that it was nothing. Yet, when we explore what comes to them, we always uncover a jewel. So, the next time you observe yourself saying, "Oh, that was nothing!" take a closer look. You're about to discover something of value!!!