

## **Weekly Whisper Script**

### **February 22, 2010**

This is Vanessa with this week's Whisper message. LaRue's message last week about hearing your Whisper in stillness reminded me of how we met. Last week, LaRue told you the story of how while she was meditating a soft thought came to mind that told her to get a particular book. Immediately, her next thought responded with something like, 'not now, I'm meditating.' It happened so fast and LaRue continued in silence meditating. And then moments later the very same thought popped in again telling her to get that book, and again she ignored it. When it happened yet again she noticed how immediately the next thought would argue and cause her to ignore the first thought which was the voice of the Whisper, what Byron Katie founder of The Work.com calls the Voice of God.

And that brings me to how LaRue and I met. You see LaRue wrote an article over 13 years ago that appeared in an alternative health news magazine. This article she titled The First Voice was about a woman who was so deeply depressed and angry that she committed herself to a halfway house. When I came across the article it was shortly after I had a terrible argument with my dear husband...one of those arguments that had him go off to our bedroom while I sat in the family room angrily leafing through this newsmagazine.

The article went on to describe how this woman who was so depressed, overweight, and angry woke up one on the floor of her room (because she didn't feel deserving to sleep in a bed) she woke up to see a cockroach walking across her foot. She couldn't tell the difference between the insect and the foot. It was all one beautiful existence. In this instant, Byron Katie awakened to a complete joy that to this day over 20 years later, she hasn't left. LaRue went on to write that her friend, Katie, says that the First Voice is the Voice of God...and when I read that line that's when it happened. The first thought I had right after reading that was "Go apologize to your husband" Oh man! How was I going to ignore God!!

So I reluctantly went to the bedroom and reluctantly told my husband I was sorry. He said something entirely unexpected...he said "sometimes I think you don't like me"

In that moment my world spun around and shifted. I had no idea he had those thoughts. My heart opened and we talked and talked and talked...then we laughed and laughed. We laughed so much that our bellies and cheeks ached. When I woke up the next morning I realized that I hadn't even finished the article, so I sat and finished it. At the end of reading, a gentle thought popped in "Call LaRue". This time the next thought argued "call her?" What would I say? Then I remembered, this was the first voice. So I called her and left a message blurting out all that had happened and how powerful the article was.

When she returned the call we knew to meet and so we did...and the rest as they say is history. I wanted to share this story with you so you can see the power of the first thoughts that arrive quietly and in moments of silence and presence. This Voice from your Whisper, your guidance directs you lovingly to your next step. This week notice your First Voice. The one that tells you to go to the bathroom. And then notice the second voice...the one that says 'I'll go during the commercial'. Notice first voice as it lovingly tells you to call your friend and then the second voice that says, "Not now I don't have time." When I listened to First Voice 13 years ago, the argument with my husband melted into laughter. I met LaRue who has impacted my life in untold ways and ultimately introduced me to the woman awakened on the floor, Byron Katie. Wake up to your first voice, the voice of Your Essential Whisper.