

Weekly Whisper Script
March 1, 2010

Not long ago, I saw a group of people that I hadn't seen in over two years. They were amazed at how much weight I had lost since we were last together. I remember the day that it all changed for me- my relationship to my body, food, and my guidance that is. It was the summer of 2007. I had just gotten out of the shower and the light, beaming into my bathroom, was just right for me to get a really good, intimate look at my body. Let me just say that it wasn't the body of my youth. It was absent of silky smooth, slender skin free of lumps and bumps. Life and food has taken its toll.

I stood there in utter amazement laughing hysterically at what I saw. When I realized that I was actually laughing about what I saw instead of crying, I KNEW that I was mentally free- no more torturing myself by making myself wrong for the way I looked, or the food choices I had made. In years past, such a gander of myself may have left me deeply depressed and powerless. But, not this time! This time I was laughing and I felt liberated! The way I looked no longer had a grip on me! I even loved the extra 30 pounds of fat that I carried on my small frame making it look more like 50 pounds. I later discovered that the acceptance of my body left me at choice of what size I now wanted to be, because the inner battle was over.

Shortly after that, the Whisper kept nudging me to get off of sugar. I felt completely powerless to do so. One night, while contemplating my powerlessness over sugar, I heard the Whisper say to me, "Don't you know that I am more powerful than sugar?" I had what the Course In Miracles calls a 'Holy Instant'. From that moment on my relationship with sugar changed. My addiction was gone and I knew it in every cell of my body. I still have sugar now, but not daily and there isn't mental/emotional drama about having it when it do. When I have sugar or bread, I thoroughly enjoy it and am confident in knowing that I have the discipline to stop whenever I choose. It no longer has power over me- I have power over it. I eat it and it's the end of the story.

When the Whisper says 'that's enough' there isn't a compulsion beckoning me to have another bite, then another, & another, & another. When I was addicted to sugar, the voice of addiction was so strong that, although the Whisper was present, it felt nearly impossible to follow it.

Perhaps your issue isn't weight or food. Maybe you have another concern that prevents happiness from flourishing in the garden of your Soul - something that obstructs the spontaneous expression of joy and the voice of inner guidance. May this food for thought water the seeds of contentment within you and grow stronger every day as you follow the ever-present wisdom of your essential Whisper!

By for now!