

Weekly Whisper Script

March 8, 2010

Hi, Vanessa here with your Weekly Whisper.

When I checked my email this morning I had received a monthly vehicle diagnostic report/ This is pretty awesome because OnStar™, the service that provides this report, can tell me exactly what needs attention on my car. This month the diagnostic report revealed that the tire pressure is low.

How do they do that! I don't know exactly how it is done, but I am guessing that there is some kind of signaling device that transmits by satellite and wireless communication the status of various electrical systems.

As I got to thinking about this I realized we have this same kind of communication system within us...only BETTER!

Your Essential Whisper is like a diagnostic system that can tell you how well you are operating and signal you to make corrections.

The way you are signaled is through your inner sensations and feelings. Your guidance can alert you that perhaps you need to be eating more nutritionally. Or perhaps you need to delve into more creative endeavors to get your juices flowing. When was the last time you checked in with your internal diagnostic system to determine whether you are operating optimally?

This can be so much fun and is exactly what I am doing this month. In my kitchen taped to the walls are various sizes and colors of post its and large flip chart papers. You see, recently I was diagnosed by my Whisper with stagnation (like needing an oil change). I decided to reinvent my life work and like a jolt of energy I am having a ball; redesigning a personal life vision all guided by the internal movement of energy and joy.

My Whisper also diagnosed health issues, literally telling me to pay attention! Because I followed the impulse of guidance the perfect health practitioner came into my life. In fact, in less than 5 minutes over the phone she medically diagnosed a condition that went undetected for over 10 years! If you'd like to follow me as I radically make over my life in 31 days and show you how to do it, join me on my blog ShakeYourDreamAlive.com

Your essential guidance is always leading you to optimum wellness. But like the OnStar report that indicates that the tire pressure is low on your car, it cannot actually put the air in the tires...you are going to have to do that. This week give yourself a full hour or more if you can, without interruption, of direct communication with your Whisper. Seriously, schedule it on your calendar. Make it a priority.

Be willing to allow your inner wisdom to give you a diagnostic of the various areas of your life such as health, work, finances, relationships, and so on. You will be amazed at how accurate you are at deeply knowing exactly what needs to change in your life, so that you can thrive in all areas of your life.

The best part is that YEW (Your Essential Whisper) has all the resources to provide this information; it's the ultimate satellite system.

Bye for now.