

Weekly Whisper Script

May 17, 2010

Hi, Vanessa here with this week's Whisper message.

Well it's May. How are you doing on those New Year resolutions you set for yourself? If you are among the statistics, you aren't anywhere close to achieving those goals, are you?

Chances are high that if you are not on track to reaching your goals or vision it is because you didn't set them according to your intrinsic blueprint.

Your intrinsic blueprint is the individualized way you express your values, talents and gifts. It also is what energetically holds your life mission or purpose. When we are establishing goals that are not aligned with our blueprint those goals become much more difficult to attain and reach. Why? Because, trying to do things that are out of alignment with our blueprint is like operating outside our essential nature, like paddling upstream. It's exhausting and often futile.

It's not too late to get back into alignment.

Let's say you set a goal to lose 20 lbs. I'll use weight loss as an example because it is such a common goal. When you set your goal did you also write down all the ways you thought you should go about it? Go to the gym, join a diet program, eat certain foods?

That's where we most often blow it. You see, listening to guidance is to listen to it in everything. Instead, we establish our own idea of the best way to achieve something.

How would your life look if each morning you simply took several deep slow breaths, focused on your heart, and asked to be guided to just the right food, exercise or idea to assist you in living healthfully and lose the weight?

How would your life look if each night before going to sleep you simply took several deep slow breaths and focused on your heart and noticed how guidance spoke to you during the day and then thanked the eternal wisdom of your soul for direction?

This is better than a diet book or choking down pills or long tedious work-outs at the gym. Not that you won't do any of those things, just that you'd do them as you are energized and guided to. Perhaps you become inspired to take up tennis. You see, your inner guidance is already aligned with your intrinsic blueprint, and so this process works no matter what your goal is. Start achieving your goals with ease and joy. Bye for now.

Oh p.s. we are doing our very last book club call this Wednesday the 19th, which happens to be my birthday. We are devoting the entire call to answering your questions, so join us, won't you?