

WEEKLY WHISPER SCRIPT

June 7, 2010

Many years ago I read Tony Robbins book 'Awaken the Giant Within' where he outlined every human emotion, their purpose, and their message. I remember being so fascinated with it that I tabbed each of the emotions for future reference. It was then that I discovered anger to be my friend and an important communication device.

As I was contemplating the subject of this week's Weekly Whisper, I didn't have a hit on what to say so I muscle tested to see what today's message was to be and I was taken to page 62 of Julie Cameron's book 'The Artist Way'. It about anger and this is what she had to say.

When we feel anger, we are often very angry 'that' we are feel anger. It tells us we can't get away with our old life any longer. It tells us that old life is dying. It tells us we are being reborn, and birthing hurts. The hurt makes us angry.

Anger is a firestorm that signals the death of our old life. Anger is the fuel that propels us into our new one. Anger is a tool, not a master. Anger is meant to be tapped into and drawn upon. Used properly, anger is use-full.

Anger is our friend. Not a nice friend. Not a gentle friend--but a very, very loyal friend. It will always tell us when we have been betrayed. It will always tell us when we have betrayed ourselves. It will always tell us that it is time to act in our own best interest. Anger is not the action itself. It is actions invitation.

The next time anger should happen into your experience, stop and ask yourself, What is no longer okay? What may I have you been denying?

I can recall times when I clearly ignored the Whisper and found myself angry that I was reaping the consequences of ignoring inner guidance. In fact, one angry episode many years ago was just the ticket to commit to following guidance more precisely-- despite what external circumstances looked like. Anger can act to put us back on our path when we have drifted astray.

I wish you for endless joy and also the ability to receive the message of negative emotions when they happen into your life experience. By for now!