

WEEKLY WHISPER SCRIPT

June 28, 2010

Life will always give you feedback.

Hi this is Vanessa with this week's Whisper message, and before I tell you what that is, I'd like to thank you for writing to us about last week's message It's All About the Shoes. It was a lot of fun to share with you my experience with allowing my daughter to choose her experience, and it seems that message hit a chord with many of you. I'd also like to thank you for all the 'Welcome to Texas' messages I received. I certainly feel welcome and so appreciate your well wishes.

Okay so now for this week's message. I've been so busy unpacking and organizing I have barely given thought to what to say for the weekly whisper. But a few days ago while sitting outside journaling I wrote an answer to a question I had asked about making a particular decision. The answer that bubbled up from inside was "Make a decision, life will always give you feedback". Sometimes we so often don't want to make the wrong decision we end up not making any decision. Yet choosing has power in it.

One of the statements I hear very often from friends, as well as clients, is "I just don't know what decision to make." They have explored several options, assessed the pros and cons of each alternative, weighed the emotional factors and still feel stymied and stuck. But have you noticed that you never know what will show up until the decision is made. There's no certainty until you have chosen. And of course, not making a decision is in essence the same as making the decision not to decide.

Life itself offers an amazing feedback system. You receive feedback through the emotions and sensations you feel, the experiences that you have, the words and reactions from others...and, your reactions back. Life is designed to expand and evolve and always guides you to that end.

Is it possible to make a wrong decision? I have talked with many people who have had what many would consider horrendous and horrifying experiences. Each person can tell me the exact decision they made that led them to these painful experiences. Yet not a single one has ever told me they would do it differently. Sure they would have liked to have skipped the emotional pain, yet each person has said that because of what they have experienced they are clearer, more focused, more compassionate, and on course in their life. The experience had given them something they didn't think they would have gotten otherwise.

And yes, there are plenty of people who feel victimized by their experiences. But is that because of a decision they've made and life's feedback, or because

of the perceptions of their experience? Because you are listening to this message, you are someone who desires to trust and follow your internal guidance and has awareness of its goodness. It's not that all your decisions will turn into delightful experiences with no lessons; it's that all your decisions will give you undeniable feedback and with that feedback you can move forward or change course, but you must act on that feedback you are receiving. It is then you will receive more guidance on what to do next. Choose and trust. Bye for now.