

## WEEKLY WHISPER SCRIPT

July 5, 2010

Despite what my Whisper said, my mind was whirling and I knew that I couldn't sleep without knowing about my friend's well-being. What if he had fallen and couldn't get to the phone. What if he was in an accident and was in a hospital and the staff didn't know who to call?

While at a traffic light near his place the Whisper said, "You know that I've never lied to you." Still I had to see for myself. When I arrived I saw his vehicle. I put my hand on the hood to see if it was still warm. It wasn't. It was cool. That meant that he had been home at least long enough for the vehicle to cool down. My heart started racing. What would I find when I got there. And, how would I get in if he didn't answer? I'll spare you from all of the thoughts that were flying through my brain faster than the speed of light, but you get the point.

After pounding on the door a few times, a very sleepy guy with squinted eyes answered to my relief. He looked at me as if to say, "What are you doing here at this late hour?!!!" He didn't seem happy to see me, if you know what I mean, because I had jarred him from a very deep sleep. He explained that he got distracted and simply forgot to get back with me. On top of that, he went to bed at 8pm because he was exhausted from only three hours sleep the night before.

I told him what the Whisper had said to me and as I was walking out the door to leave he said, 'Maybe you should trust your Whisper next time!'

So, what was going on? Why didn't I just take what the Whisper said at face value? You see I had a flashback going on. A few years back my sweetheart committed suicide and I had called him over and over all day long with no answer. When my friend didn't get back with me as agreed, my unconscious mind was replaying a movie of the day my friend died as though it was real. I didn't know that that was occurring that I was having a flashback when it was happening. If I had known, I could have reminded myself that that was then and this is now and could have coached myself back into the Present, where all is always well.

I could have asked myself, "LaRue do you know for sure that something has happened to your friend? How do you react/ feel when you believe that something has happened to your friend? Who would you be without telling yourself that something has happened to your friend?"

I learned those questions from Byron Katie at [TheWork.com](http://TheWork.com). They are the most powerful questions to bring you back into the present moment & back to reality. By for now!