

WEEKLY WHISPER SCRIPT

July 26, 2010

Hello, this is Vanessa with your Weekly Whisper message. I am sitting in my new home-office space. It has a sofa and counter height table with 6 chairs perfect for writing or holding small meetings. It was difficult for me to decide exactly how to design this space because I would use it for everything from writing, painting and art work, and for small meetings. The problem as it turned out was not in the design of the space but what I would call or name this space.

Naming it an office brought to mind visions of files, computers, and work stuff. Naming it an art or creative room brought to mind visions of artists' paints, fabric, and so forth. Making it into a meditation room brought to mind emptiness and a zen-like feel. I knew I would need to name the space something that brought to mind, not the décor, but rather what I hoped to achieve or feel in the room. So now it is called The Success Studio-or The Studio for short.

I immediately instructed my family to never refer to this room as "mom's office. Turns out my family loves the new name. LaRue and I understand the power of labels and names. As soon as you name something it becomes that something, even if the label is incorrect. We intentionally named the sensations of inner guidance as the Whisper. The word Whisper to most people represents a soft voice. It removes the connotation of God, not because we don't like the word, but because that label of God means many different things to each of us. The power of words and the vibration of words make up the reality that we experience. Choosing your language is of the utmost importance.

A few days ago I was speaking with a very good friend. We were discussing 'life purpose' and the Intrinsic design as written about in Your Essential Whisper. She said to me that she knew her passions involved helping others connect to their feelings and emotions. I happen to know that she is very good at this. Yet, as she was telling me her desires she said, "I don't care about the money, it isn't important to me." In essence what she is labeling or naming money as unimportant and therefore, without consciously realizing it, will keep money from flowing into her life.

We have the power to name things. All form is named by us. Every bird, every beast, every leaf is named. How we name anything means everything to us.

My Success Studio is simply a room. Yet naming it the Success Studio makes all the difference in how the room feels to me and to those who enter it. It feels expansive. I can accomplish anything here.

This week notice how you have named things in your life and in your environment. How do those names feel to you? What are the sensations of guidance telling you about your labels? Expansive or constrictive? Constraining or freeing? If the name you've given something feels limiting or constricting try another name. After all, what you name something and how you see something is completely up to you. And as always, let guidance lead the way. Bye for now.