

WEEKLY WHISPER SCRIPT

August 2, 2010

I was driving to one of my favorite Mediterranean restaurants for lunch when I had a spontaneous inspiration to pop in to Whole Foods for lunch instead. I was sitting in my car checking email when I heard an irritating scraping sound and felt my car move. I looked to my right to see that a woman was attempting to park a Ford F350 dually in a compact parking space. For those of you who do not know, it's a very big pick-up truck!! Although my car was damaged, it wasn't nearly as bad as it sounded—fortunately there were no dents.

I hold the belief that every circumstance and encounter has a gift for me. What might the gift be in this encounter? What was I to learn from this? I wondered that for a few days and then, one day, during a meditation it came. "Don't try to squeeze in too much into your life & schedule!" As you are listening to or reading this message, LaRue will be unpacking boxes from her move into an apartment. Not only was she moving; she was attempting to squeeze in a trip or two in the few weeks following her move. It's just too much!

As I stopped to feel into taking those trips in the time frame I was thinking of taking them, I felt constricted. I actually felt squeezed and pressurized. Somatic responses from the body are also messages from the Whisper. If an action or decision feels light, if it's energizing or creates a feeling of expansion, it's probably the right thing to do. If the choice makes you feel constricted, like you are under pressure or drains your energy, it's probably the wrong thing to do, at least for now.

Let's your senses guide you, but not your emotions. (That's another subject for another time.) For now, tune into your body and ask yourself, "Am I energized by the thought of this choice? Do I feel inspired? Do I feel expanded, light-hearted and/or carefree?"

You will always be grateful for following choices that come from that expanded place!