

Weekly Whisper Script
August 9, 2010

My husband, Sterling, came home from tennis last week feeling very exuberant about the game he played. He said he was hitting the ball accurately and making some pretty awesome shots. Sterling has been playing tennis regularly for over 25 years and is quite skilled. He can count the number of wins and losses into the hundreds. So what made this game different than all the others?

He said that he actually didn't play well for the first set. His serve was off and he was unable to strategically place the ball. Frustrated he would berate himself mentally, spinning negative thoughts in his mind and rushing through the shots.

And then, in a moment of clarity, he calmed down and told himself to relax. And that's when he shared this gem with me...he said **"When I just relax everything seems to move slower."**

That simple statement felt so powerful to me that I quickly wrote it down. He went on to say that in the state of 'alert relaxation' he could actually see the ball moving toward him as if in slow motion; a ball that is speeding at 50 or 60 miles an hour seemed to float toward him giving him ample time to set up his swing. He not only won the subsequent games but won them easily.

By relaxing and staying present we can collapse time. In a relaxed, yet alert state, time seems open and expansive. It's like we have all the time in the world. This is the feeling of presence and Sterling experienced this on the tennis court.

When LaRue and I ask people when is it the hardest to hear or recognize inner guidance two answers inevitably are given: one is "When I am tired" and the other is "When I am in a hurry, feeling stressed or anxious". When we are rushing through life and, as LaRue shared in last weeks Whisper message, trying to squeeze too much into our life, we can lose touch with the inner sensations of presence and alignment. Your life will seem to move so fast it becomes a blur.

So what's your hurry? Where do you think you are going?

That's the question that I heard inside this morning as I contemplated the humming bird laying dead on my patio. It had flown into the glass window mistaking the reflection of the sky and trees in the glass as the real thing. This is the second morning in a row this has happened. So I asked, what does this mean? And that's when the question arose inside, "Where do you think you are going?"

Where are your thoughts telling you that you have to be? Relax. Slow down. Stop running into glass walls. Listen to your inner voice. Allow time to open and expand for you. In presence, you have all the time in the world. Bye for now.