

Weekly Whisper Script

December 28, 2009

Make a Re-SOUL-ution

Hi Vanessa here...

Just a few days ago I came across a sheet of paper that I had typed way back in July of this year. Back then I was preparing my monthly business goals and noticing that I was feeling such constriction and discomfort as I tried to think about my business and personal goals for the month. The goals seemed so superficial. For example...this month I'll put a business plan together...or this month I'll finish my website. They were things I told myself I wanted to do, but I felt no energy for any of it. In fact I could feel my energy draining out of me as I stared at these goals.

As I sat there looking at these goals feeling no expansion, no energy, no resonance, and definitely no joy....none of the sensations of inner guidance, I knew, I wouldn't accomplish any of these goals. I kept asking 'what would I love to do, what would I love, what would I love?' And that's when the words flowed out of me.

When I came across this list again a few days ago, I knew it would become my 2010 resolution. Reading what I had typed energized me so much I knew I was to share it with you as this week's whisper message, and perhaps as you sit and write out what you intend to create for this new year you too will remember to do only what inspires and energizes you...and I doubt telling yourself to go on a diet is going to energize you!!!

But, if you were to do what brings you closest to your soul—and honor your true nature of alignment and joy, you will vibrate with such high energy that the cells of your body will respond positively and you might just find yourself losing weight easily and effortlessly.

I am going to take this on as a 2010 experiment and you are welcome to join me....

I'm calling this a **re soul ution** ...coming back to the joy, alignment, resonance and knowing of my soul.

What would happen if you took only guided action?

What would happen if you moved only in directions that felt joyful?

What would happen if you only react to what's in front of you?

What would happen if you did only what you are energized and guided to do in each moment?

What would happen if you made joy your only goal?

What would happen if you dynamited all concepts of how _____ should look?

What would happen if you live what you know to be true?

What would happen if you stopped pretending any of this (anything other than joy and love) is real?

Want to go for the ride?