



YOUR ESSENTIAL WHISPER

Six Distinct Ways to Recognize, Trust, and
Follow Inner Guidance with Absolute Certainty

La Rue Eppler and Vanessa Tabor Wesley

YOUR ESSENTIAL
WHISPER

Six Distinct Ways to Recognize, Trust, and
Follow Inner Guidance with Absolute Certainty

Vanessa Tabor Wesley
and La Rue Eppler

iUniverse, Inc.
New York Bloomington

Your Essential Whisper

Six Distinct Ways to Recognize, Trust, and Follow Inner Guidance with Absolute Certainty

Copyright © 2008 by Vanessa Tabor Wesley and La Rue Eppler

All rights reserved. No part of this book may be used or reproduced by any means, graphic, electronic, or mechanical, including photocopying, recording, taping or by any information storage retrieval system without the written permission of the publisher except in the case of brief quotations embodied in critical articles and reviews.

iUniverse books may be ordered through booksellers or by contacting:

iUniverse
1663 Liberty Drive
Bloomington, IN 47403
www.iuniverse.com
1-800-Authors (1-800-288-4677)

Because of the dynamic nature of the Internet, any Web addresses or links contained in this book may have changed since publication and may no longer be valid. The views expressed in this work are solely those of the author and do not necessarily reflect the views of the publisher, and the publisher hereby disclaims any responsibility for them.

ISBN: 978-0-595-45422-8 (pbk)
ISBN: 978-0-595-50859-4 (cloth)
ISBN: 978-0-595-89735-3 (ebk)

iUniverse Rev Date 11/13/2008
Printed in the United States of America

CONTENTS

<i>Acknowledgments</i>	vii
<i>Introduction</i>	xv
<i>The Prologue</i>	1
I Am with You Always – Experiencing the Soul.....	3
<i>Section One Recognizing Your Essential Whisper</i>	13
1 God by Any Other Name – Your Essential Whisper.....	15
2 Snapshot-Click – The Bookmarks in Your Life	21
3 Collapsed Time and Space – The Eternal.....	27
4 Urge – The Energy that Guides Your Next Step.....	33
5 Wonderment – The Presence of Awe.....	39
6 Knowing – The Message of Resonance	49
7 Inspiration – The Energy of Creation	57
<i>Section Two – Trusting Your Essential Whisper</i>	63
8 A Template for Trust – Creating the Experience of Trust.....	65
9 The One Action to Take – Five Simple Acknowledgements	71

10	The One Decision to Make - Four Channels to Awareness	77
11	The Beliefs that Block Trust – Uncovering the Symptoms of Resistance.....	83
12	Your Intrinsic Design – There’s a Blueprint in You	99
13	Attract Your Heartfelt Desires with Certainty – Allow the Whisper to Do the Work.....	111
<i>Section Three – Following Your Essential Whisper.....</i>		121
14	Interactions with Your Essential Whisper – Receiving Distinct Messages	123
15	Guidance vs. Disguise – Maneuvering Through the Noise of Thought.....	143
16	Your Essential Nature –Embracing Inner Joy	155
<i>Section Four – Creating a Partnership with Your Whisper</i>		161
An Eight-Week Practice Guide and Journal		163
Epilogue – The End of the Story		189
<i>Appendix A – The Anchoring Meditation.....</i>		193
<i>Appendix B – Resistance and Values Procedure.....</i>		197
<i>Appendix C - About Evo-K.....</i>		201
<i>Chapter Notes and Resources.....</i>		203

CHAPTER 1

❖ God by Any Other Name ❖

Your Essential Whisper

What would happen if we dropped the labels?

When something is labeled, it is defined and limited by the language and the culture of that language. Labeling anything pulls it from the background of oneness and separates it out. These labels become our reality. We define, limit, and name the reality we experience. And this is all just fine—really it is. Language and words allow us communication with one another. But, somewhere along the way, we have come to believe that our definition of something is what it is. We have come to believe that the word for something justifies its separation from everything else. We see a tree and consider it separate and disconnected from the air and the water and our breath.

We name our essence God, pull it out from our being, and separate it from what we are. As God sits in our imagination as a separate and distinct entity, we have to look outside our being for communication with it. We sit *it*—our idea of God—on alters and we pray to it. We hold *it* in temples to worship it. We have defined God through our various religions, rules, and dogma, and now, because of those definitions, *it* has to appear outside of us. God has been labeled, dissected, defined, and disconnected. Is it any wonder we have difficulty hearing the voice of God? And yet the distinct voice of God arises within, completely connected and easy to recognize, once we stop looking somewhere else. So call it what you are most comfortable calling it,

but know this: you have always experienced its distinct communication and its abiding love, by whatever name you have given it.

~~~~~

## The Golden Thread

*Memories of what I perceived as painful situations no longer hold the emotional charge and angst they once did. As I tell these stories, I can see the golden thread that connects each moment, each frame of experience, to another and then to another and another, and so on. Nothing is wasted. No experience is unnecessary or worthless. The stories are simply the passage of this event and then another event, each with its distinct message, an unbreakable connection to the divine.*

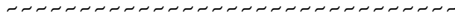
*Growing up, we went to church every Sunday morning, every Sunday night, and every Wednesday night. Revivals happened frequently in that small town, during which we went to church every day of the week for a week or two. Visitors would come into town from all the surrounding counties. To me, the church was a scary place. People would speak in tongues. They'd speak in an unknown language, and it was followed by this hush ... complete stillness and silence. Then some authority would interpret the foreign language into English. I was just a child, and that's the way it seemed to me. One occasion, after we left the church revival, my mom would turn to my dad in the car on the way home and say, "That wa'n't God talkin'." It was eerie. Something about that didn't feel right to me. When I married at sixteen and walked out of that church, I was giddy with excitement. On the last Sunday I was there, I thought, I'll never go back there. Thank God I'm finally free from this! That was in 1976.*

*Thirty years later, in 2006, I went to church with my mother on Mother's Day. It was amazing. I no longer felt any judgment. The experience was simply beautiful and very pleasant. The church was in a different building in a different location with different people, but the religion was the same religion. This time, it was observed by different eyes. I was moved. I was touched. I could see the pure beauty in it, and the only thing that ever kept me from seeing that beauty before was my own judgment of it. My mother's way wasn't my path, but it had something to teach me.*

*When I visited my mother's church, the memories of that distant church—the church I found eerie, distasteful, and strange—had changed. I understood the beauty of it, the necessity of it, and its place in my life. So did the past change? Yes. The new experience changed the perception of the past, just as it changed in my two-year-old mind when I wanted that connection from my mother and ultimately gave it to myself. Presence releases the past. In any given moment, the past falls away. Today, I connect with Mom, my dear, sweet, eighty-six-year-old mother. Is*

*she warmer, less formal, more embracing? No. She is exactly who she is today, as always. I just don't need her to be different, because I no longer carry the perceived need for her love and approval. The other voice of need and fear no longer blocks the warmth, closeness, and hugs I now have with her. It is very sweet.*

*Now when I ask, "Okay, God, what do you want me to do?" I know an answer will come, just as it did when it told me to call the court reporting schools. Once I realized I could get answers, I began to recognize the distinctive way they came in. There is a quality to this communication that is easily recognizable in the stories*



Stories are doorways to our own recognition of the connecting points in our life. Memories revealed and reviewed as pure guidance have something to teach us. Very simply, there are no mistakes. It seems we live in a flow, a continuous flow of time, yet we really live in frames. *Snap, snap, snap*. Our perception of time and space gives us the illusion of life as a continuum, one long event. But is that true?

You have always received an answer to your deepest longings and your heartfelt questions. To recognize answers, however, requires willingness to open and receive this communication, so until you do, you may believe you are unable to get clear, direct communication. It is not the willingness that stands in the way for many, however; it is the ability to recognize the communication. In fact, you have received communication from the Whisper all along but perhaps called it something else. Once you discern these sensations and experiences as inner guidance, you will find it easier and easier to dialogue with this wisdom.

**With practice and deliberate intention, dialoguing with your Whisper will become second nature to you. In truth, it is your real nature, your first nature.**

## The Six Distinct Experiences

There are Six Distinct Experiences, and chances are you have experienced all six. It is within these experiences that you will find the sensations of the Whisper, what we call the voice of inner guidance. Why do we call these *distinct* experiences? For one, they generally occur quite outside of any

deliberate intention to make them happen; these experiences seem to just show up. Secondly, these experiences don't feel like any of the normal day-to-day routines and activities. Distinctive in character and arising from your internal wisdom, these qualities of intuition are recognized as specific sensations and inner feelings.

The voice of the Whisper is undeniable. It is totally different from anything else. It is totally distinct from what we know as mind chatter, our incessant stream of thoughts. Sometimes we are afraid to follow what feels like inner guidance or an intuitive hunch. We tell ourselves it might not be our inner voice, and guess what? We may be right. There are feelings and thoughts that can convince you that you are listening to inner guidance. This is why distinctions are critical.

Distinctive in character and arising from your internal wisdom, these qualities are revealed as specific sensations and inner feelings of peace, sureness, energy, and joy. These sensations are recognizable through specific events and occurrences in our life experiences. The ability to make a distinction is vital in this. Clarifying these distinctions allows us to separate out the noise of our thoughts from the loving Whisper of our heart. But don't worry; you will get very clear, very quickly on the difference between the voice of guidance and the voice of disguise.

This distinct group of sensations is what we mean when we say *voice*. These sensations are the signature of your essential Whisper. We have located Six Distinct Ways, six events and circumstances, these sensations occur and can be felt.

- **Snapshot Click:** A time in your memory that is frozen, stilled, captured, and highly significant to you. When its significance is recognized or revealed to you, then it *clicks*.
  - **The Sensations:** High level of presence and awareness.
- **Collapsed Time and Space:** The experience of time slowing down or speeding up during a significant event and/or the experience of space expanding or contracting.
  - **The Sensations:** Expansion and openness, movement of time and space.
- **Urge:** The intense motivation to take a certain action without knowing why.
  - **The Sensations:** High level of energy to move; clarity of direction.

- **Wonderment:** The state of amazement and heightened awareness that occurs when your questions have been answered in a surprising and delightful way
  - *The Sensations:* Certainty and sureness; wonder and awe.
- **Knowing:** The full presence of alignment and certainty.
  - *The Sensations:* Certainty, resonance.
- **Inspiration:** The experience of intense energy to create.
  - *The Sensations:* High level of energy.

Did you recognize any of these? These Six Distinct Ways, when they show up, are united with qualities of spaciousness—a non-linear quality of inner stillness and a state of presence.

When these inner feelings and sensations occur, you are being prompted by your Essential Whisper to pay attention. These six experiences let you know that in that moment, you are connected to your soul, your highest voice, your Essential Whisper. These significant events are always accompanied by heightened awareness. These moments of heightened awareness are very distinctive in their qualities from the normal day-to-day activities, memories, and experiences. They are highly meaningful, highly significant, and easily recalled.

Once you recognize and are fully familiar with the sensations of your Essential Whisper, you will notice it rises and speaks to you continuously. You will find it easier and easier to understand and follow this wisdom once you discern this distinctive voice, this voice of inner God-self. Sometimes, these experiences will seem miraculous and perhaps otherworldly, and something that only someone else can do. Have you told yourself that hearing your inner voice is for special people with more intuitive skills or deserving dispositions? It is not true that receiving, trusting, and following your Essential Whisper is for other people. Your Whisper is not something outside of you; it's a direct line to your essential being, and we are all hooked up.

Recognizing the Whisper is more than just becoming familiar with the sensations of its voice; it's about recognizing the opportunities when they come to you, recognizing the answers to the questions you ask, and recognizing how simply wondering about something magnetizes the responses. To recognize is to know again—to remember the ancient song of your heart.

Now, let's take a closer look at each of these Six Distinct Ways to recognize inner guidance.

# CHAPTER 13

➤ Attract Your Heartfelt Desires with Certainty ◀

## Allow the Whisper to Do the Work

Your heartfelt desires arise spontaneously and instinctively. Felt internally, desires are merged with one of the Six Distinct Experiences and the sensations of guidance. They do not need to be conjured up. It is not necessary to make them up or to imagine them, draw up vision boards or write them out. When you are hit with a spontaneous desire, it is given to you clearly, distinctly, and in full living color. True desires are born from the heart and soul, what you have come to know as your intrinsic design.

Your intrinsic design—your life blueprint—holds the matrix of what you are here to express. It is your piece of the unlimited field of potential. This is fabulous to know. Consider this: all that you truly desire and hope for, all that you are truly attracted to and resonate with, all that you are truly aligned with and intrinsically designed for, is yours for the asking. But the question is, can you trust the guidance that leads you to what you desire?

~~~~~

The first time I was aware of this happening was about twenty-five years ago. I was living on a military base in South Carolina with my husband, and occasionally I would pass this beautiful furniture store. I never shopped at this store, because I didn't have the money, but I would go after closing and look in the window and dream.

One evening after closing, I peeked through the front door, and down the aisle on the left was the most gorgeous sofa table I had ever seen. It was made of this beautiful wood and was quite expensive, and I just loved it. I had a real heartfelt desire for this table. I wouldn't have used these words back then, because I didn't know them, but there was an energy that drew me to this table, and I would think about it and think about it, all the while believing I couldn't afford it.

One day, after my bonus check arrived for \$550, I worked up the courage to approach the salesperson. The table was selling for several hundred dollars more than I had, but I said, "If you sell this table to me for \$550 exactly and deliver it, I will buy it."

The salesperson left to get the manager, and when the manager returned, he said, "When do you want it delivered?"

Wow! I could really have this? The table was going on sale that day for the exact amount of money I had. It was the first time I had ever made the connection between a heartfelt desire, a real yearning for something, and actually getting it. This was when I began to realize it wasn't just a coincidence, an accident, or a fluke ... my desire could be actually manifested and brought to me.

Your Natural Desires

You heartfelt desires, those inner yearnings, are a natural expression of your intrinsic gifts and strengths. In other words, what you desire, as it arises from your heart and inner being, you are able to manifest when you trust and follow the inner sensations and distinct experiences presented to you. If you've been unable to fulfill your desires, it may be that your belief system says, "This is not the way it's supposed to look." You could spend your whole life feeling like a failure, even though you have been given guidance toward your heartfelt requests all along.

One of these spiritual laws has been written about quite extensively. In books like *The Secret* by Rhonda Byrne¹ and in *Ask and It is Given* by Esther and Jerry Hicks,² you can read more about what is referred to as *the law of attraction*. Recently, *The Secret* became a major DVD phenomenon, clarifying and elucidating this principle in a new and fresh way. The movie presents validating information from the field of quantum physics, as well as the personal anecdotes from contemporary celebrities, authors, doctors, writers, and many other familiar personalities.

The law of attraction, however, isn't new, and it isn't merely a whimsical technique. Attraction is continuously ongoing, regardless of your conscious participation in it. In other words, you are always attracting to you the experiences that match your state of being, beliefs, and attention. Do you recall back in Chapter 8 the discussion on manifestation? Here's a quick summary:

- **All beliefs are formed emotionally;** they are based on the *perceived evidence* we have for the belief.
- **You've already given yourself evidence for every belief and value you hold,** so every single one *feels true*, whether it aligns with your intrinsic design or not.
- **To manifest anything is to make it evident,** which means the object or experience becomes readily perceived by the senses and easily understood or recognized by the mind. In other words, what we see, we've created—we've made manifest.
- **You are doing the manifesting.** To manifest is to make something perceptually evident. Manifesting is *you giving you* evidence of something.

Here's the problem with trying to understand the law of attraction, as it is sometimes described. It appears that you attract and bring to you what you place your attention on.

You are always creating (manifesting) either in alignment, or out of alignment, to your intrinsic design. The universe simply complies, and it looks as though what you've created and experienced was brought to you from somewhere else. Yet creating happens right here, right now. Manifesting is not a future phenomenon. All you need is always given in each present moment; nothing is withheld.

There is indeed a spiritual law in place—in fact, several. And knowing these laws and operating within their parameters will provide additional insight as to how to experience the life that aligns with your essence, and either of the sources mentioned earlier will be valuable resources to you to do this. But the easiest way to live a life that fully aligns with your essential nature is to follow the sensations, which already spring from and are woven into your individualized matrix, your Essential Whisper.

A spontaneous desire is a natural desire. It is not a desire that is constructed mentally by you. You do not have to think about it or ponder it or make it up. It arises from within, sometimes quite suddenly. Spontaneous desire rivets your attention on a particular item, experience, or goal. Usually, we are told to formulate our plans, map out a vision board, and paste on it pictures of what we want. We are told to imagine our goals clearly and place our attention on the desire so that we can attract it to us. A spontaneous desire requires no such effort, and in fact, it is hard to take your attention off of what arises instinctively from within.

Creating an intentional desire is fine, but you may not get what you think you want if what you think you want isn't what you really want. Is that confusing? Exactly! Here is what can happen when you make up what you think you want:

You may be trying to design your life from your belief system instead of from your intrinsic design.

This is why so many feel they have failed. So much of what we tell ourselves we want to possess or experience is not in our individualized intrinsic life print. These desires are what the world (our friends, family, colleagues, etc.) tells us it values, how we should be, and what we should have. These wishes may not be what you really, really want in your heart.

By trying to live your life according to someone else's values, you will struggle and attempt with great effort to grasp joy as it continues to elude you, moving just out of your reach. This is living from the *extrinsic values*, which produce a distorted self-image—metaphorically, the body in the fun-house mirror. This is not living from your heart and soul, but rather from *shoulds*. Here's what living from *should* looks like: you try to determine the right course of action to take, the right people to associate with, the right books and classes to study, the right foods to eat, the right clothes to wear, the right words to speak, the right amount of money to make, and so forth.

From this point forward, make a promise to yourself. Promise yourself that you are going to live intrinsically aligned. You are going to trust the magnificent essential nature of you. You are going to manifest your heartfelt desires, starting right now. Starting right now, you are going to trust your Essential Whisper to guide you toward the fulfillment of your spontaneous and natural desires. Here's how.

Let the Whisper Do the Work

Inner guidance *is* the law. It wears the sheriff's badge. Break the law, go to jail. In this case, that would be the jail of struggle and effort, the bars of resistance. Follow the law and experience freedom, freedom from the exertion of trying to figure out your life and trying to determine if you are doing the right thing or the best thing. Freedom is what living in the present moment is all about.

The sensations of inner guidance, the inner feeling of expansion or contraction, operate within the law. This is exactly why you can have certainty in this. Your intrinsic design is a matrix of energy that responds to your thoughts. Expansive and aligning thoughts bring about the sensation of expansion, openness, spaciousness, peace, presence, and energy. Discordant and misaligned thoughts and beliefs will show up as stress, constriction, and tightness. That's the law. Even if you aren't sure if a thought or belief you have is aligned or misaligned with your intrinsic print, you can simply hold the thought in mind, breathe, and notice what sensations arise within.

Spontaneous desires arrive with an idea or thought of something you would like to have or do. This idea or thought resonates with something within your intrinsic design ready to be expressed. When you get a spontaneous, heartfelt desire, you are filled with energy, aliveness, even laughter. It's a definite *yes!* That's how you know what you *really* want. But here's the best part: these sensations continue to guide you toward the manifestation of that desire. As you follow the distinct experiences that may show up (Urge, Snapshots, Inspiration, and so forth) along with the sensations, you are lead, step by step, to unfolding that desire.

~~~~~

"Your Essential Whisper holds the keys to accessing your most authentic and inspired self—your Soul. If you would love to feel more purposeful and become more inner directed and masterful then this book will take you on a journey that will unveil the most powerful you."

—Dr. John F. Demartini, bestselling author of *The Breakthrough Experience: A Revolutionary New Approach to Personal Transformation* (featured in the hit movie *The Secret*)

Your Essential Whisper guides you to recognize, trust, and connect with your divine nature and intuition, and offers a blueprint to living your life with deep abiding peace.

La Rue Eppler and Vanessa Tabor Wesley use a clear, conversational style as they reveal the Six Distinct Experiences that unite you with inner guidance. These experiences are most often identified through discernable sensations you feel deep inside. This newly discovered way to access your inner voice can be followed with great certainty as you rely on this intrinsic wisdom to answer your most introspective questions. Eppler and Wesley include anecdotes, an eight-week practice guide, and a journal as they guide you in how to

- Receive and accept messages
- Make decisions effortlessly
- Attract heartfelt desires
- Converse with God
- Unravel the beliefs that cause self-doubt



[www.youessentialwhisper.com](http://www.youessentialwhisper.com)

\$ 18.95 U.S.

ISBN 978-0-595-45422-8  
90000



9 780595 454228

Cover graphic by Amber Pompeo

 **iUniverse**<sup>TM</sup>  
Editor's Choice

[www.iuniverse.com](http://www.iuniverse.com)