



YOUR ESSENTIAL WHISPER

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

La Rue Eppler and Vanessa Tabor Wesley

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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.*

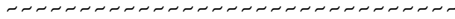
*Growing up, we went to church every Sunday morning, every Sunday night, and every Wednesday night. Revivals happened frequently in that small town, during which we went to church every day of the week for a week or two. Visitors would come into town from all the surrounding counties. To me, the church 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.

"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



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