

# THE WHISPERING SOUL

July 2010

## It's Not Enough...



It's not enough just to live,  
rather live and love.  
It's not enough just to know,  
rather know and share your knowing.  
It's not enough to make your own way for  
your own good,  
rather make your way with all in mind.

You see life can only be lived to the fullest,  
when we see that it is far beyond us.  
That we are here to give without condition  
and in return we will receive.  
That we are here to love without condition  
and in turn we will be loved.  
That we all have a genius to share in the  
world,  
and by not sharing it we negate ourselves.

So search your heart and acknowledge your  
soul,  
It can only mean a life that is beautiful and  
whole.

## The Corporate Stuff

We have worked with quite a few  
corporates and below are snippets from  
letters/e-mails received from the  
participants:

- "The principles that stuck most clearly in my  
mind and that I try and apply to everyday life is  
the fact that everyone has a different  
personality and has been through different  
experiences and have been brought up  
differently and that the way they may treat me  
or appear to treat me may not be intentional so  
I have realized that I need to be more tolerant."

- "I have found that when I sit at the end of  
each day and consider the things I am to be  
thankful for, it overwhelms me and I find myself  
wanting to do more and offer more of myself,  
just because I feel so grateful for all I have and  
all that has happened to me."

- "... I have managed to stay positive and be  
thankful for everything I have.  
I have also quit smoking ... it's been over 3  
weeks!"

- "Firstly thank you for the soul teaching that  
you did with our company. I know that those  
members that attended benefited and now have  
their minds opened to different pathways. "

- "I have seen remarkable changes in the  
confidence that my team has now started to  
show. There is a definite peace and acceptance  
of clients and other team members'  
personalities, cultures and backgrounds as well  
as a willingness to assist in areas where we are  
each able to help. Clearly the approach to a  
service related industry like ours is to firstly  
examine oneself which should be an exercise we  
conduct on a regular basis."

- "Life's priorities are different now."

- "I have had feedback from a couple of guys who did the course with you. The general feeling is they all found it to be an amazing experience. It seems like they are battling with follow through but a lot of them are using the breathing technique. I am still waiting for more feedback."

### What's the Buzz



The notion that we are just energy has been stated over and over again. And it is proven as such by science. We are a buzz of movement or energy if examined under a microscope. So how do we receive energy and how does it exist?

We have seven main energy centres in our bodies and many more minor centres. They are called our Chakras. We receive energy through these centres which is then fed into our physical being through energy lines via our blood stream, nervous system and endocrine system. It is vital that we understand how important breathing good air and eating wholesome fresh food is because so much of the sun's energy is delivered through these sources.

It is also vital that we give ourselves the best opportunity each and every moment of the day to experience the best that we can. And this means honouring ourselves continually in every aspect of our nature - physical, emotional, mental and spiritual.

Practically this means keeping fit, eating healthily, expressing and understanding our emotions, working with our thoughts and finding time to contemplate and meditate. It also means that we have to work with

ourselves but most importantly we need to respect and love ourselves to truly understand why we deserve the best for ourselves. By giving ourselves the best chance we are able then to truly know what it means to give others the best chance.

So give yourself the best chance. You deserve it!

### Hee hee hee

Two strands of DNA are walking down the street. One says to the other, "Do these genes make me look fat?"

### Monkey See, Monkey Do



In order to create a shift in consciousness we need to begin with changing our own consciousness. This will mean for example seeing someone throwing rubbish down on the street and picking it up for them. Phew we say .. why should I have to clean up their mess? Their mess is our mess. If we leave it there we condone it. What we need to do is rise above our egos and pick the rubbish up because eventually... and I say eventually, there will be more people doing this and the ripple effect will be that everyone grows in consciousness. This is what it means to love unconditionally.

So monkey see monkey do. Google the 100<sup>th</sup> Monkey Theory if you wish to know more about this concept.

**"When the power of love overcomes the love of power, the world will know peace" – Jimi Hendrix.**

CU next time.