

# THE WHISPERING SOUL

September 2010

## A Conscious Decision



What does it mean to make a conscious decision? Firstly it implies that we need to be conscious or aware of who we are. Secondly, we need to make the decision to act considering all the consequences and asking ourselves - will this make me happy as well as those affected by this decision. If we feel comfortable in our hearts we then need to action the decision.

Ah - but do we know our hearts? Can we sift through the "stuff" to uncover the real Self? I believe we can by continually practising this process and many more such as meditation and mind control.

Deepak Chopra speaks about the importance of considering our decisions and their consequences in his book *The Seven Spiritual Laws of Success*. This book is worth reading and practising.

## News About the News

While the media is in a challenging position at the moment we sit on the outside and watch with baited breath. After all, a lot of reported news is negative and many of us choose not to read or listen to it. However once there is an imminent threat of this form of communication being censored we start to realize the part that can be played by our media in helping rid us of corruption. The press is going at it hammer and tongs at the moment exposing as much as they can. Not surprisingly when faced with the chance of the censorship. This can only bode well for our country as people wrestle with their consciences across the board, the press included.

## Tee hee

A neutron walks into a bar and says: "How much are your beers?"  
The barman says: "There will be no charge for you."



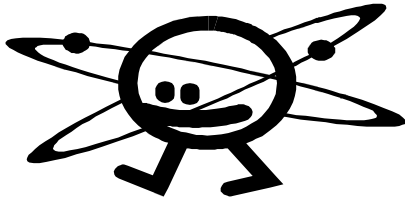
**The most challenging people in our lives are often our greatest teachers!**

## I am SOULd

If you are looking for a speaker for an event our once off talks aim at growing consciousness and inspiring people. Some of the topics are:

1. A Spark to Further Sparks.
2. Changing the World Starts with Me.
3. We Can Be Right or We Can Be Happy.

In the talks I include my experience with complete 'Burn Out' and what I used as tools to get up on my feet again after this break down. We all have events in our lives that teach us and sometimes it is a blessing to really experience a hard knock because it forces us to shift. It is how we do things as a result of that experience that counts.



## The Bells the Bells...

These were the words uttered by Quasimoda in "The Hunchback of Notre Dame". His "madness" was the noise in his head. And while he had a good reason to express his disdain at the literal and figurative noise in his head, we all have this kind of "noise" in our heads to a greater or lesser degree.

As humans we are often "dented" by our life experiences while we strive to be human doings, human dones, and human to dos. By realizing that we only exist in the present we become human beings. Our life experiences become gifts and we stop looking for unhealthy distractions. We step away from our habitual and random thinking and we find peace. Our heads quieten down. The bells start to ring gently and become like peaceful wind chimes.

## Emotion Intelligence

We need to become aware of our emotions and feelings and that we deserve to have these feelings. They are internal guidelines for us.

However, we need to be clear that we are not our feelings and emotions. We need to express in a level-headed way when we are feeling discomfort emotionally and we need to do so without attachment to the outcome. For example when we are angry or hurt and we wish to express this with someone, we need to start with:

"I feel angry/hurt...." not with

"I am angry/hurt...."

We need to own our feelings and recognise that we are worthy of them and when we say:

"I am angry/hurt...."

what we are doing is saying that the feeling is who we are and emotions do not define us. They are simply there to help us understand ourselves more.



**When in doubt, quote yourself.**

Cu next time!

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