

THE WHISPERING SOUL

February 2011

The Year Ahead

It's 2011. Phew and the month of Jan is done and dusted. Have you detailed your goals and do you look at them every day. After all we cannot expect to receive if we don't specify exactly what it is that we wish for and more importantly we need to be very specific.

We need to write down these goals or wishes and read them regularly. We need to specify in the present tense starting with "I have...." or "I am...." . As an example:

"I am grateful"
" I have a new fridge"
" My bond is settled"

Make this a year in which you read your goals daily with the emotion and enthusiasm as if they have already occurred and see what happens. You will be amazed.



How much is enough?

There is a difference between what we want and what we need. If we have enough faith we will always have what we need. This implies that there is enough for everyone in this world.

What about what we want? We can manifest in our lives all that we wish for but it needs to be done with reference to our hearts not our heads.

If we look at the various teachings, religions and philosophies there is a core thread which runs through all of them. That thread is if we live with faith in the process of life and the blessings that we receive we will always have what we need to make this life journey.

When we decide that we want things and the decision is from the heart we will achieve this and it will be fulfilling. When it is a head based decision i.e. based on ego or an external need such as for recognition or power - both usually premised by fear or guilt - we might achieve the results but they will be unfulfilling and lead us to wanting the next best thing. This leads to a life of emptiness as we continue to look for something to fill up our emptiness. What we do not always realize is what we have within us is the answer - nothing external can bring us happiness or peace or make us whole - we have it all within us but we just need to find it.

So always have faith that you will have enough regardless – it might not be easy but you will have enough to experience life as you should. When you dream, dream big but dream from the heart not the head and then let it go and listen and watch for the signs to lead you to your dreams.

Tee Hee

Some laughs for the ladies.. and the men if you can laugh at yourselves.

He said to me. ... “What have you been doing with all the grocery money I gave you?”
I said to him “Turn sideways and look in the mirror!”

He said to me. . “How many men does it take to change a roll of toilet paper?”
I said to him “ I don't know; it has never happened.”

It's not what you know or who you know – it's whether you know yourself enough to keep going when what you know and who you know do not help.

The Healthy Emotions

Which emotions are healthy and which do not serve us?

Fear is healthy... when being chased by a lion but only in that case. If we choose to live in fear we negate our truth which is to live with complete faith. Once fear is taken too far it becomes panic and becomes unhealthy.

Envy when understood as “ I like your compassion and would like to have that too” is healthy. When it is taken too far it is jealousy “I want what you have instead of you having in it” .

Love is a healthy emotion but taken too far is obsession.

Anger is healthy when the energy created by it is used to be channeled into something more positive. When not dealt with it becomes rage.

Grief is healthy as we learn to accept what has happened. If we refuse to allow the grieving process to unfold in our lives it becomes depression.

One could argue that all emotions are healthy because they teach us about ourselves or give us signs about ourselves to take heed of. However, we need to be very aware that we are not the emotion we experience but we feel the emotion we experience. In other words we are the observers of it and can easily step beyond it. So “I feel angry” implying that it is a part of me is a lot different to “I am angry” which is all encompassing.



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Did you know?
The sun is big enough to fit 15 earths into it.