

THE WHISPERING SOUL

August 2011

Honour

When was the last time that you took time for yourself?

Every day we should look to be quiet and do something that we love doing. This can be difficult at times especially when we are running around after children and living our busy lives. But the further we move away from nurturing ourselves the further we move away from who we are. We start to become a "human doing."

But if we do not make this a lifestyle practice we do not teach our children how to do this. So take at least thirty minutes a day and do anything you love doing.



Financial Fitness

One of the SOUL courses is called:

"Money: My Master or My Servant"

There is no doubt that for many people money is seen as a necessary evil, for others it is feared and for others it is considered unnecessary and useful.

Whatever your views are, right now the world uses this energy called money to transact. Instead of running from it or refusing to understand it, take responsibility and learn more about it. If we have a blood clot we will find out all about it. Blood after all is energy and without it we have a problem. The same goes with money.

While debt can be used effectively, in most cases it should be avoided at all costs. It is expensive and usually means we want what we cannot really afford. We are not cutting our clothes according to our cloth and we end up with too much month at the end of our money.

There are many ways to learn about money. Robert Kiyosaki, Suze Orman and many more have a lot to teach in their books. It is never anyone else's responsibility but our own when we are caught out by some scheme or in debt over our heads. And if it looks too good to be true it usually is.

So please allow this energy to flow in your life by facing it square in the eyes.



Character versus Personality

So often people talk about their personality and how they cannot change who they are.

Our personality and character are not the same unless we know who we are and can accept that person unconditionally. Who we truly are is our character. What we project is our personality - our mask. We often have a number of masks - our work mask, our home mask, our family mask, our money mask etc. They are all learned behaviours based on all our influences and impressions from our past.

However, if we have learnt to love ourselves we will no longer need to be different in different situations. We will always be the same in all situations and this will be when our character and personality merge.

So do you wear different masks? And how much are you prepared to accept of yourself so that you can "be" who you truly are? It is so tiring wearing masks and projecting a personality. And do not let anyone tell you that you cannot change, especially yourself.

Let the beauty that is you brighten the world. Let your character become you.



An ostrich's eye is bigger than its brain.
(That explains it!)
Most lipsticks contain fish scales. (Yuk)

Hardy Ha

Dear Dad,

School i\$ really great. I am making lot\$ of friend\$ and \$tudying very hard. With all my \$tuff, I \$imply can` t think of anything I need. \$o if you would like, you can ju\$t \$end me a card, a\$ I would love to hear from you.

Love,
your \$on

The Reply:

Dear Son,

I kNOW that astroNOmy, ecoNOmics, and oceaNOgraphy are eNOugh to keep even an hoNOur student busy. Do NOt forget that the pursuit of kNOWledge is a NOble task, and you can never study eNOugh.

Love,
Dad

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Until Next Time

Take this period of time, as we move towards the end of the year, to bring the challenges that this newsletter highlights into your lives. And remember to have fun while doing this.

