

THE WHISPERING SOUL

November 2011

The Best Things in Life are Free

Have you ever really thought about this statement? Breathing is free but we often take it for granted. The beach is free - well in most parts of the world. Loving others is free - I'm talking about unconditional love here for the cynics. Walking is free - unless it is a long walk off a short plank. There is a lot in life that is free and usually the most beautiful things like a sunset or a sunrise.

But this statement needs to be taken one step further or let's rather say one step deeper. If we can all free ourselves completely of the shackles that bind us being our perceptions, our baggage, our psychological fantasies, we free ourselves as a whole. And when we are truly free of these issues we are truly free to the world. And so the best things in life are free. After all, a world full of free and happy human beings has to result in a happier world.



Most babies are born in the month of August.

In every episode of Seinfeld there is a Superman somewhere.

Animal Antics



Watching animals interact is fascinating particularly because they can teach us so much. There is no doubt that our greatest lessons come from nature.

Animals generally live in the present moment. The more domesticated animals seem to show more tendencies to fear and anxiety and some of the traits us humans would do well to shake off. Animals are also considerate in their extraction from nature.

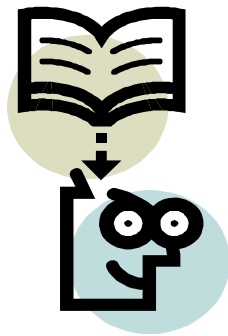
But in general their behaviour is instinctual and we can argue that man's evolution involves the move from instinct to intuition. But part of understanding how to live intuitively means to live in the moment first so that we can 'hear' properly. And animals show us how to do this.

Head or Heart

Thinking is not always hearing and the statement "I think, therefore I am" (Descartes) should probably be "I love, therefore I am" because it implies that thinking is everything. A foetus's heart develops before the brain and it has been proved that the heart consists of a small percentage of brain cells.

This is not to say that we do not need our brains but it means that we should lead with our hearts.

Books to Read



Reading is very empowering and with technology today one can do so easily through e-books and Kindle.

Why not make a deal with yourself for 2012. Read the book you have always wanted to read and then pass it forward.

Some recommended books to read:

"Open" - Andre Agassi's autobiography. This is a very interesting and funny book to read. A "couldn't put it down" book.

"Awesome South Africa" -Derryn Campbell. Educational and fun to read. A coffee table book to pick up from time to time.

" You're Awesome" - Di Smith. Enlightening, spiritual and beautifully put together.

Hardy Ha

After a hard day of drilling, the drill sergeant let the troops go. "All right, you idiots, report to the mess hall." Everybody walked away, sweating and their heads down, thankful for the end of the hard day. Only one private remained. He looked at the officer and sincerely said, "Boy, there sure were a lot of them, huh, serge."

A man walks into the psychiatrist's office with a zucchini up his nose, a cucumber in his left ear, and a breadstick in his right ear. He says, "What is wrong with me?"

The psychiatrist replies, "You are not eating properly."

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Until Next Time

A thought going into 2012:

Success

"To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty, to find the best in others; to leave the world a little better; whether by a healthy child, a garden patch or a redeemed social condition; to know even one life has breathed easier because you have lived. This is the meaning of success."

Ralph Waldo Emerson