

THE WHISPERING SOUL

June 2012

Rising Above Ourselves

Now more than ever, we need to get out of our own way and out of our heads to give the world the compassion it needs. This is the test of the moment and the harder we resist looking at ourselves and rising above ourselves the harder the counter energy fights back.

There is no longer place for ego and self righteousness. The world energy is losing tolerance for this. This is evident in the toppling of dictators, the man in the street putting his foot down (Sanral and e-tolling), and individuals still trying to dig their heels in to stand in their "rightness" but feeling complete resistance from their immediate surrounds.



By living with compassion and forgiveness for oneself and therefore for all around us, we find the way to rise above ourselves. And we do have free choice to change that which does not serve us. But we have to be brave and courageous and walk through the pain that we perceive to find this freedom.

Did you know birds need gravity to swallow!

Is My Future Behind Me?

This statement is the kind of thinking that we as a society have created through the disregard for the wisdom of years of experience and age. If we look at tribes around the world that have been unaffected by westernisation, the elderly look after the children while the parents learn about themselves and apply their energy in providing.

Is it not time that we voted on dropping the retirement age and offering an open market system in which we employ all ages and accommodate energy needs and shorter hours of working. There are such great skills being lost to an antiquated thinking process!



Live and Let Live

I once saw my life
Free and light
I once saw my life
Peaceful ...bright

I once saw my life
Filled with purpose
I once saw my life
It was worth it.

Nothing has changed
Except how I see my life.

Our self-talk reflects our reality. What we say about our lives is our lives. The sub-conscious mind does not have a sense of humour, nor does it differentiate between criticisms of others versus self criticism. It sees all talk as self-talk. Therefore, when we criticise or compliment others or ourselves, whether internally all through external verbal expression, it moulds us into who we are and creates our consciousness.

So this is an exercise in self awareness. We need to watch our self-talk and our expression of opinion (criticism and complaint) about those around us. It is simply an expression of how we see parts of ourselves.



Hardy Ha

Golfer: "Do you think my game is improving?"

Caddy: "Yes sir You miss the ball much closer now."



**I GAVE THE CAT HER MEDICINE...
COULD YOU DRIVE ME TO THE
HOSPITAL NOW?**

A man goes to see his doctor. The doctor asks what is wrong and the man says, "Doctor, I think I'm a moth." To this the doctor responds,

"You think you're a moth? Well I don't think you need a doctor. Sounds like what you need is a therapist."

"Yeah I know," replies the patient. "I was on my way to see a therapist, but I came in here because I saw your light was on."

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Until Next Time

Please pass this on to someone else. We would appreciate the sharing of knowledge.

Did you know most lipsticks contain fish scales! Yuk.