

THE WHISPERING SOUL

September 2012

Look before you Leap

This is a well known phrase but if examined means amongst other things, that we should be growing in awareness so that we look around us before we act.

Awareness or lack of awareness stems from lack of self awareness - the ability to observe oneself as we go through life. And perhaps education plays a part here where we learn to develop perception.



It is not surprising that much of the world today is unable to operate with awareness when there is so much poverty. Shame on the politicians that only serve themselves and shame on all of society that aims only to serve themselves. Both parties in this conundrum are unaware - but for different reasons. When one wakes up and goes to sleep hungry how can we expect anything but a lack of awareness.

And for those that are not hungry ego gets in the way. Which is a hunger of a different sort - a hunger for recognition through wealth and power - a shallow victory at best when one obtains it.

To grow awareness we have to grow in self awareness first. And to grow in self awareness we need to practice the virtues such as gratitude for who we are. This self awareness develops through introspection and methods such as watching our thoughts.

Did you know - iPhones can survive falls of over 13000 feet. Really! That's useful to know ...the next time I'm climbing Mount Everest.

Grief – A Necessary Process

When someone/something dies (or is threatened) that is very close to us it feels like we have died. This is the reason for our grief as we have become one with that soul. What we forget is that connection never disappears. However, we still have to experience the grieving process.

Deepak Chopra writes that *"grief is a wrenching emotion and therefore one of the most threatening. Those we love have been taken inside us and made a part of who we are. When they die or are threatened by crisis, we feel that our own being has been attacked.*

To the unconscious mind, there is a real threat that we are going to die with them. By going numb instead of grieving, your ego pretends that the loss isn't agonizing, that the threat is not so grave as it actually is.

Grief falls into the rare category of being a necessary suffering. You have to go through it before you can release it back to the light. The sting of death is no longer quite as anguishing. The possibility of letting in the light once again becomes real. " Adapted from *The Deeper Wound: Recovering the Soul from Fear and Suffering*, by Deepak Chopra (Harmony Books, 2001).

For good reason we all need to experience this in order to grow in compassion, soften within ourselves and to face our own supposed mortality.

Did you know that wearing headphones for just an hour will increase the bacteria in your ear by 700 times. YIKES FOR ALL THOSE IPOD USERS.

Oh My Beautiful Boy

Oh My Beautiful Boy
Where have you gone
My heart is so sore
Will you be gone ..for long

Oh My Beautiful Boy
You taught me so
Mostly love my boy
And then you had to go

Oh My Beautiful Boy
Are you playing now
Or do you rest peacefully
Let me know.. some how

Oh My Beautiful Boy
You were so brave and sure
You embraced life
Your heart was so pure

Oh my Beautiful Boy
My heart is so empty yet so full
You made it sing
With your strong will

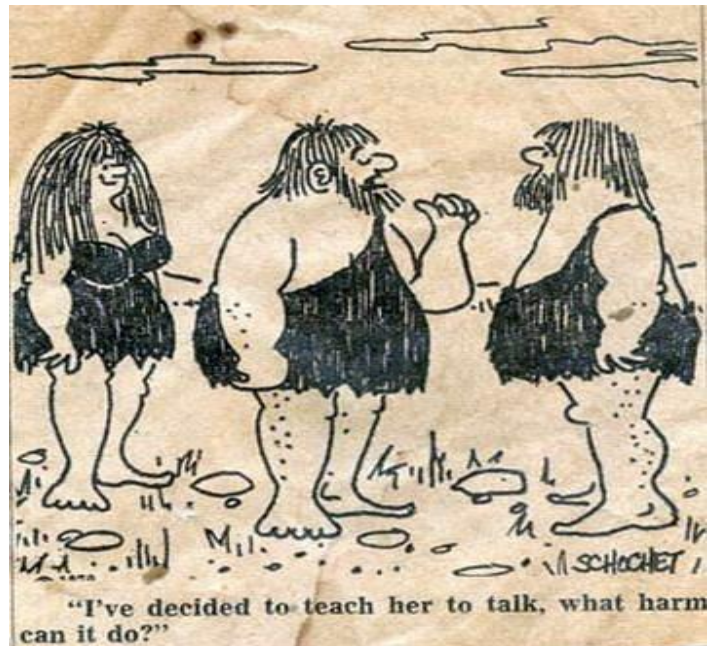
Oh My Beautiful Boy
How I loved to watch
You sleep and play
And love your mom so much

Oh My Beautiful Boy
I wish I could have been with you
To help you feel at peace
When you moved through

Oh My Beautiful Boy
I can't wait to see you again
I sometimes think I have
But it is your spirit that remains.

Hardy Ha

This one's for the boys - sorry girls J .



Biiiggg Mistake!!!!

Until Next Time

You know the drill - please pass it forward if you feel it has helped you.

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