

## WEEKLY WHISPER SCRIPT

December 20, 2010

I may have told this story before, but the Whisper nudged me to share it again. When my son was about 8 or 9 I went shopping for a Christmas gift for him in a store called The Incredible Universe. (No kidding, that really was the name of the store.) It had every electronic gadget under the sun, or so you would expect with that name. I went there with my Christmas list expecting to tic every box and leave with my shopping complete. I held a firm and rigid expectation that I would find exactly what I wanted. I searched and searched, I asked store clerks for help, I hunted the back of shelves, but to no avail. Reality and my expectation simply didn't agree. After exhaustive searching, walking to the car was a real effort. I was so drained that it felt as if I had a large hole in my gas tank and I was loosing fuel fast. Now, here's is what is so amazing! No sooner had I gotten into my car and started the engine when all of my energy return. I was energized, bright, and alert again! What happened? Why such a dramatic shift in energy? That's when I got it! FOLLOW THE ENERGY! If something is draining your energy, perhaps it's time to go. That's intrinsic wisdom talking to you. If you are energized, you're on the right path.

I had been trying to force the Universe to give me what I wanted, when I wanted it, and from the store I wanted to buy it from! Even though I was at The Incredible Universe, it simply didn't have what I was looking for. Now, when I'm out shopping or trying to force something to happen in my world, if I start to feel fatigued or drained, I know to stop. Just stop. I now know to FOLLOW WHAT ENERGIZES me and LIGHTS ME UP!

Never again have I had a stressful holiday season buying gifts, or shopping throughout the year for that matter. Life always guides us. Follow the energy and you'll find your time with family & friends to be more joyful. There will be a lesser tendency to become cranky and there will be more of YOU left to enjoy the season.

Happy Holidays!