

Just listen to the whispers

by Connie Brisson

"When someone shows you who they are, believe them... Listen to the whispers."

I read that advice in an article written by Oprah in her magazine about life lessons that really matter (ones she taught her students in Africa).

I loved that she used the word *whispers* because it's just so subtle - just like what really happens when we meet someone. There we are in an interaction with this other person when it's almost like someone is whispering in our ear, telling us things about this person that we can't actually see and we are flooded with insights about them that we couldn't possibly know just based on what they are showing or telling us. I would call this an insight or intuition but Oprah calls it a *whisper*... and I love it, by whatever name you call it.

How many times have I heard a whisper and ignored it, thinking that I'm making something up or being overly dramatic or too sensitive? And how many times have the whispers proved to be true? Almost always!

When I look for a mind/body/spirit therapist or body worker, I do consciously look for some type of rapport or 'click' with them because I know that if I don't feel that connection, my healing won't happen.

But, until a few weeks ago, it never occurred to me to have this very sensible (and intuitive) criteria apply to other 'non-spiritual' things I need to deal with in my every day life.

I was recently in a session with Darlene Klassen (*Full Circle Therapy, St. Albert*) when I was telling her the drama I was having picking out a paint color for my living room and kitchen. After getting the help of one interior designer and having my dear husband paint three different versions of a color on three consecutive days (in an effort to try get to something I liked), I didn't know what to do. In desperation, I called another designer, who I actually felt more of a connection with, and with whom I ended up picking a whole different color - one more suited to me.

Darlene told me she understood exactly what I was saying because she had recently moved and needed help choosing kitchen cabinets for her new place. She said she would have previously just picked something quickly because of the timeline she was under, but this time she decided she wasn't going to do that. She wanted to find someone she *connected*

with (and understood what she wanted) and after going to many different businesses she found the exact woman she felt a 'click' with... then buying the cabinets was easy and she got exactly what she wanted.

As I listened to her story, it honestly surprised me. *Connecting* to someone in order to get the right kitchen cabinets? Really? It was an epiphany for me! I never, ever *consciously* thought about looking for some kind of connection to any service related provider in my life unless it was a mind/body/spirit related practitioner. Now it seems foolish to think that I wouldn't have looked for someone I connected to for EVERY part of my life (wherever possible) - whether it was for my spiritual well-being or the colors in my home.



Cuddles © Catherine Marchand

I now aspire to be that person that listens to the whispers, that believes what people show me, the first time. I think it's an art to have that much mindfulness to hear and notice and then to have the grace to just accept others instantly. There are many times I've heard the whispers, but that I can't accept what I've heard. I think that's why I've worn glasses from a very young age. And, that's where acceptance comes in - being okay with 'what is'.

The lovely Catherine Potter always tells her students that we all have the right to be ourselves, but we must allow others the same right to be themselves - because we're all on a different journey. I think it applies to what I'm saying here. Others have the right to be themselves and you have the right to see and hear them saying and being exactly who they are - and aren't. And in turn, you get to be who you are (and aren't) and let them hear your whispers too.

Following our intuition, our insights, our whispers is imperative to our lives. The more I listen to the whispers, the more I accept people (and even myself) for who we each are. And, the easier it is for me to find the people that I easily connect with, in every aspect of my life.

It happened again yesterday. I heard a whisper and it was so subtle, I almost ignored it. Thankfully, a voice inside me yelled: "HELLO, THAT WAS A WHISPER!" And then I couldn't help but smile. Oh ya, I could get use to this kind of guidance...

Connie