

WHISPERS OF THE HEART

by

Monica Burns-Capers

Most of us pray daily, asking “God,” “The Universe,” or whomever you refer to as your “Higher Power” to send us a blessing of some sort. However, if you are continuing to live the same way without any positive results - as far as you can see - chances are.....you have received what you've asked for, but missed the opportunity by ignoring the “Whispers of Your Heart.”

Perhaps you've asked divine intervention over and over to assist you in escaping an abusive relationship, and of course, this is indeed a difficult and life-threatening situation. You are subjected to daily beatings and if suffering through just one more, it could very well be your last. Look back over your life in detail and ask yourself “*Was There Really An Actual Escape Route?*” Sure it was and no one said it was going to be easy. Have you picked the kids up from school, and one of the parents has asked you over for coffee? If you go alone to get the kids, what's stopping you from “having coffee” and asking for help? Maybe you've made a trip to the store for groceries alone and you noticed a pay phone or even better, brought your own cell-phone along with you. Okay so your abuser has a GPS System attached to your car and phone. Make the call that will save your life and throw the phone away; leave the abuser to track the phone in the trash can. Also, plan a safe hiding destination and leave the car where you left the phone. Always bring the kids along with you. Take a cab to your destination or ask a trusted friend whom your abuser isn't familiar with, to pick you up from the location. Your abuser has told you many times that he'll kill you if you ever left him. This has taken away any self-esteem you may have had and understandably, you really are scared that he might follow through on this threat. Well Dear.....if he has threatened to kill you if you left him, it's just a matter of time before he kills you while you're with him.

Maybe you were in the check-out line at your local grocery store and the customer ahead of you didn't have enough money to pay for all of their items. What Is Your Heart Telling You? If you have been praying for a good, clean heart to change your ways, that was your opportunity to prove that you are ready to accept that good, clean heart and utilizing it to pay the difference on that customer's groceries.

Are you wondering why you're yet to be given that well-deserving promotion at your job? Do a little research and find out if you were cold towards anyone lately or in the past. While you were freely speaking negative comments about this person, was your heart saying “Leave It Alone and Walk Away” and you refused because you just had to lash back out of a hurt ego?” Was that person you lashed out at the boss's daughter? Was that person an Executive and Good Friend of the company's President, conducting a secret assessment of you; to confirm that you could perform well under pressure when given the new promotion? Remember.....your heart spoke to you and told you to “Walk Away.”

We get “Little Whispers” constantly, granted they are in alignment with our mission and purpose in life. It is that intuition that may feel a bit uncomfortable, which is there to stretch you to your true potential in life. If your obstacle is fear, you've created that monster in your own mind. What's to fear? No one in this world is no more important than the next and none of us have enough knowledge of this world to judge each other. God speaks to us through our hearts. It's where he lives in you. The whisper is quiet and you must get still to hear it and feel it. It's that urgency that you know you “must” act upon, even through the thick fog of uncomfortable uncertainty that's ahead of you. You'll have many more chances to hear your “Whispers.” Will you recognize them and respond? The “Whispers of Your Heart” can only take you beyond anything you could ever imagine for yourself.

Monica Burns-Capers

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Monica Burns-Capers is an Expert Author, Freelance Writer, Consultant, Adjunct College Instructor and President/CEO of Monica Mi'Chelle Communications: A Professional Writing and Self-Development Firm. For More Information, Visit Her Website At:
www.monicamburns.com.