



Who's Whispering In Your Ear?

Navigating Life's Difficult Moments

by Jeannette Maw

Who's whispering in your ear lately? I'm not talking about the secrets your four-year-old shares at bedtime or the comments colleagues mutter during staff meeting. I'm talking about the **voices you hear inside: the voices of your gremlins and guides.**

Most of us get input from both, although we often hear one better than the other. Who's whispering in your ear lately - gremlin or guide? *And which promptings do you follow?*

Recently on a long nature walk I passed a hiker and his dog on the trail, and intuitively knew he'd need a ride back to his car. My immediate thought was "I'm not giving a ride to a stranger!" Gremlin or Guide?

I didn't have to think about it until an hour later I'd reached the other end of the trail where my car was parked, when once again I came upon the hiker and his Corgi. Sure enough, as I passed he mentioned he'd need a ride back to his car. (I knew it!)

I'm not in the habit of picking up hitchhikers and don't usually invite strange men into my car. But a little whisper in my ear said, "Give him a ride." Gremlin or Guide?

Could have been Gremlin wanting me to conform with what others expect - doing the "right" or "nice" thing. Or was it a Guide letting me know it's okay to give the cute canine and his human companion a lift?

How do we know who that is talking to us inside our head? Many of us wonder how to interpret the little internal whispers that are often at odds with each other. If you don't already know how to distinguish Gremlin thoughts from True Guidance, read on for a fail safe method for choosing which whispers to embrace and which to dismiss.

Know the Difference

Do you know what your Gremlin sounds like (a.k.a. ego, inner critic, voice of judgement, monkey mind)? Can you easily tell when you're receiving higher guidance (or intuition, wise self, angels, guides)? Many of us struggle with this distinction, especially when it comes to high stakes decisions and situations.

An easy way to tell whether the internal dialogue you're having is with Gremlin or Guide is simply this: **Gremlin thoughts feel bad; Higher Guidance feels good.**

- Gremlin doesn't move you into power; Higher guidance does

- Gremlin is fear-based; Higher guidance is love-based
- Gremlin rambles on and on with long explanations; Higher guidance usually comes in short "feeling" messages (inspiration, spark, inner knowing)
- Gremlin makes your body feel tight, stuck, restricted, with shallow breathing; Higher guidance feels open and light.

The next time you're getting conflicting internal info, use these criteria to **filter out gremlin and embrace higher guidance**. As you become expert at discerning the difference between guides and gremlins, you'll find life's difficult moments much easier to navigate!

Jeannette Maw is an Attraction Coach and founder of **Good Vibe Coaching** in Salt Lake City, Utah specializing in helping clients get what they want, once and for all. Free tips to make your wish list come true are yours monthly in her "*Get What You Want*" ezine, along with an instant free report for Vibrating Wealth, when you sign up at <http://www.goodvibecoach.com>.