

# Whisper's 17<sup>th</sup> Meditative Insight & Conversation

Shared by Matthias Chang

**I am in “ecstasy” – cannot find a more suitable word and even then, it does not express accurately my innermost Heart Feelings.**

Whisper came and sat beside me on the edge of my bed. I was stunned!

“We are going to have a conversation ....” I interrupted, “Why?”

“Monologue is getting boring and I need your feedback as well. Two messengers having a conversation would be unprecedented, but why not?”

I did not protest, even though it seems rude of me to talk to Whisper, instead of my usual listening.

“What shall we talk about?” I asked.

“Maybe, we should talk about your practice in relieving stress over the last three decades ....”

“What, are you serious? For me to explain my Qi Qong massage treatment?”

Whisper replied matter-of-factly, “Why not?”

And so I explained the practice in detail, how the tired and weary men and women sought my help and I would give relief within five minutes by placing my forearm on the shoulders and apply a gentle pressure at a specific point .... It took me years of practice to master the technique ...

Whisper said,

“That is well and good for the tired and weary in your world. But, this stress recurs again and again. You cannot relieve spiritual tiredness by massage - can you?”

“Tell me how you play with you children and grand-children when they were little toddlers ....” And so I did and we had a good laugh. Fond memories flashed across my mind. Oh, how I miss those joyful days at home or in the garden. A picture paints more than a thousand words. It illustrates what I meant as I lost my pictures.



Whispers carefully said,

“Matthias, when you are spiritually tired and weary, just be the happy child and seek **HIS** shoulders. **HE** will carry you as a child, resting between **HIS** shoulders. **That joy and togetherness will drive out all stress and weariness.** HE comforts you as you have comforted your children and grand-children. And they are **safe, secure and deeply loved.**”

“What a beautiful picture of the kind of love, HE has for each of us, the tired and weary. **HE bears all the weight but they are light as the feathers and the joy of innocence overwhelms.**”

Whisper gave a hug and departed. My memories were flooded with the teachings and insights that Whisper bequeathed me over the years – the Pure Love from a Mother, the Heart that **SEES**, the Safety and Security of **HIS** shoulders, **HIS** absolute **Truth** and our **Faith** in **HIM**.

**REST BETWEEN HIS SHOULDER just as a father bears his child on his shoulders.**